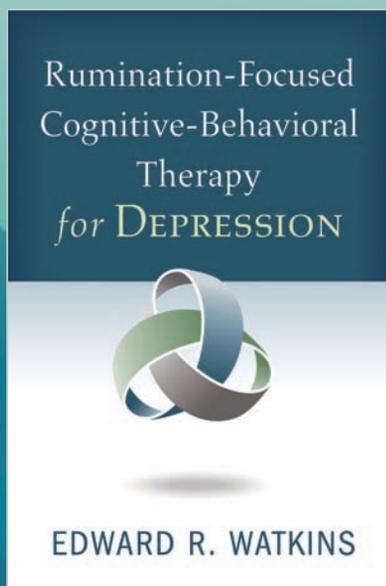
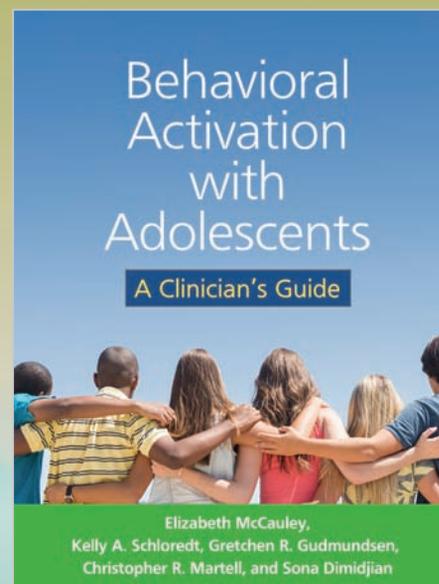
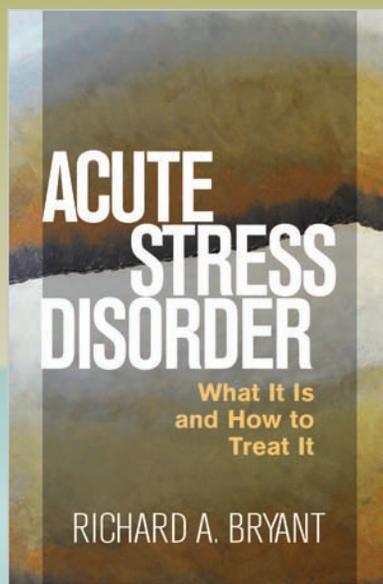
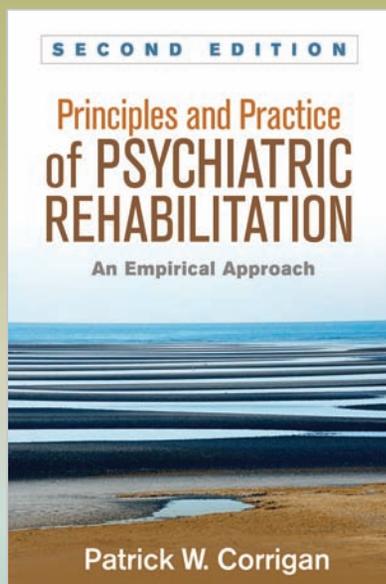


WINTER 2016 • New, Recent, & Bestselling Titles

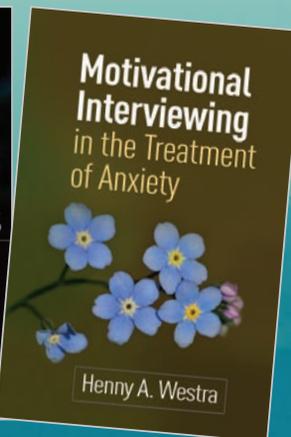
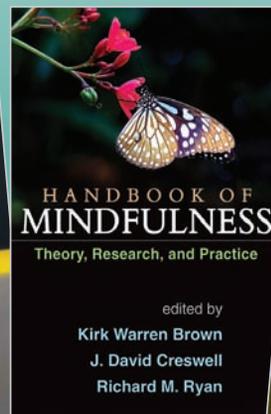
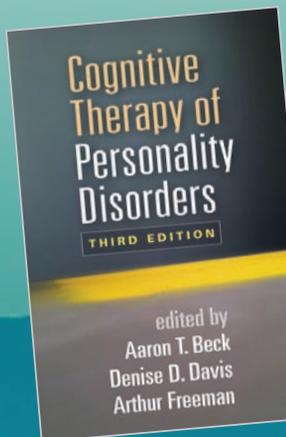
GUILFORD

35 NEW RELEASES & 16 NEW IN PAPERBACK

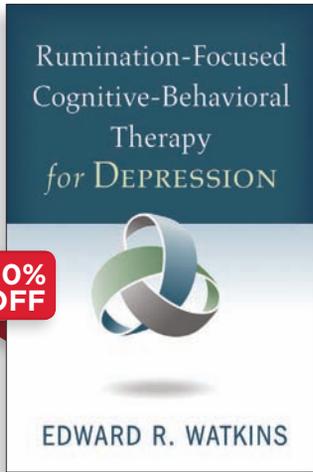
New Edition



New in Paperback



20% OFF + FREE SHIPPING
Both Print & E-books Available • www.guilford.com



20% OFF



EDWARD R. WATKINS

Includes Reproducible Handouts

March 28, 2016

6" x 9" Hardcover, 362 Pages

ISBN 978-1-4625-2510-2, \$45.00

SALE PRICE: \$36.00



ABOUT THE AUTHOR

Edward R. Watkins, PhD, CPsychol, is Professor of Experimental and Applied Clinical Psychology at the University of Exeter,

United Kingdom, and Director of the Mood Disorders Centre and the Study of Maladaptive to Adaptive Repetitive Thought (SMART) Lab. He has practiced as a cognitive-behavioral therapist for 20 years, specializing in depression. His research focuses on the experimental understanding of psychopathology in depression—with a particular focus on repetitive negative thought and rumination—and the development and evaluation of new psychological interventions for mood disorders.

New

Rumination-Focused Cognitive-Behavioral Therapy for Depression

Edward R. Watkins, PhD

From a leading clinician-researcher, this book presents an empirically tested approach for helping clients with severe and chronic depression by directly tackling negative rumination. Rumination-focused cognitive-behavioral therapy (RFCBT) combines carefully adapted elements of CBT with imagery, visualization, and compassion-based techniques. The book provides everything needed to implement this 12-session approach, including numerous sample dialogues, a chapter-length case example, reflections and learning exercises for therapists, and 10 reproducible client handouts. Purchasers get access to a Web page where they can download and print the reproducible materials in a convenient 8½" x 11" size.

CRITICAL ACCLAIM

“Written by an internationally recognized expert, this book provides a highly accessible and engaging review of the phenomenology, etiology, assessment, and treatment of rumination. Practical, evidence-based treatment strategies are supplemented with rich clinical transcripts that illustrate the moment-by-moment intricacies of intervention. The techniques in this manual empower patients to go beyond the *content* of their thoughts to address the process and form of rumination. Clinicians at every level of expertise will benefit from this excellent volume.”

—David J. A. Dozois, PhD

“RFCBT is a natural and useful extension of CBT that is applicable to many, if not most, chronically or recurrently depressed individuals. Watkins has translated lessons from the laboratory and clinical work into a well-formulated, clearly described intervention. In addition to drawing on CBT and behavioral activation, RFCBT incorporates many unique and original strategies. It helps patients to develop effective alternatives to habitual and dysfunctional ruminative patterns, and to become more ‘concrete’ and actively oriented toward problem solving.”

—Constance Hammen, PhD

CONTENTS

I. Rumination Processes in Psychopathology and Treatment

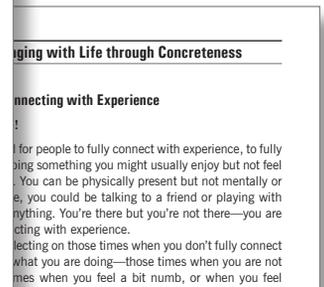
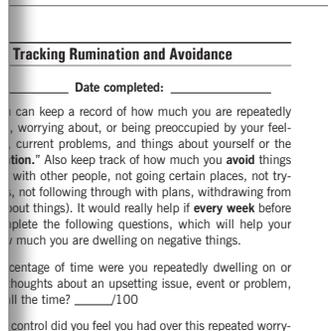
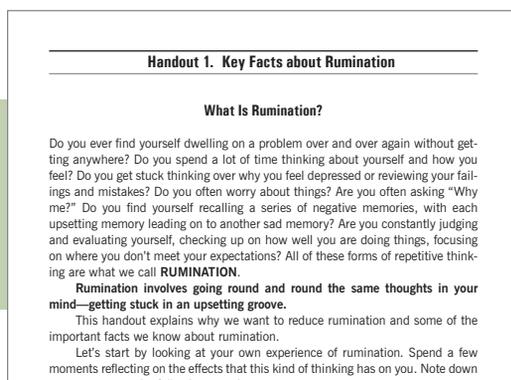
- 1. Why a Treatment Targeting Rumination?
- 2. Understanding Rumination
- 3. Key Components and Principles of RFCBT

II. Rumination-Focused Cognitive-Behavioral Therapy

- 4. Initial Assessment
- 5. Therapy Rationale and Goal Setting
- 6. Functional Analysis of Rumination
- 7. Choosing Treatment Interventions

- 8. Practice at Developing Interventions: Addressing Difficulties and Hurdles
- 9. Shifting Processing Style: Becoming Concrete and Specific
- 10. Shifting Processing Style: Absorption
- 11. Shifting Processing Style: Compassion
- III. Application and Extension of RFCBT**
- 12. A Case of RFCBT from Beginning to End
- 13. Adaptations of RFCBT
- Appendix. Handouts

Reproducible Handouts Provide Session-Supporting Details and Homework for Clients



20% OFF + FREE SHIPPING!

Order at www.guilford.com with promotional code **KF62**

Or Order: Toll-Free: 800-365-7006 • Fax: 212-966-6708 (Free shipping applies only to online orders)

★ **New Edition of the Worldwide Bestseller—Revised & Expanded!**

Mind Over Mood, SECOND EDITION

Change How You Feel by Changing the Way You Think

Dennis Greenberger, PhD

Christine A. Padesky, PhD

Foreword by **Aaron T. Beck, MD**

1,000,000
In Print

This life-changing workbook is widely used as both a self-help resource and an adjunct to therapy for clients struggling with depression, anxiety, anger, guilt, and shame. Therapists assign *Mind Over Mood* to reinforce CBT skills learned in-session and help clients learn new material between sessions. Revised and expanded to reflect significant developments in CBT in the past 20 years, the second edition contains many new features. The large-size format facilitates reading and writing ease; purchasers can also download the 60 step-by-step worksheets, with the option to fill them in onscreen before printing.

■ Cited as “The Most Influential Cognitive-Behavioral Therapy Publication” by the British Association for Behavioural and Cognitive Psychotherapies and included in the UK National Health Service Bibliotherapy Program

NEW TO THIS EDITION

- ✓ Expanded content on anxiety, including effective management tools.
- ✓ Evidence-based methods drawn from positive psychology, motivational interviewing, dialectical behavior therapy, and acceptance and commitment therapy.
- ✓ Gratitude diaries, happiness ratings, and forgiveness letters.
- ✓ New chapters on setting personal goals, maintaining progress, and avoiding relapses.
- ✓ Expanded information on how to use “thought records” effectively.
- ✓ 25 new worksheets.
- ✓ Recommendations for which chapter to read when, based on different moods.
- ✓ New, updated stories on how people are using the *Mind Over Mood* skills in daily life.

CRITICAL ACCLAIM

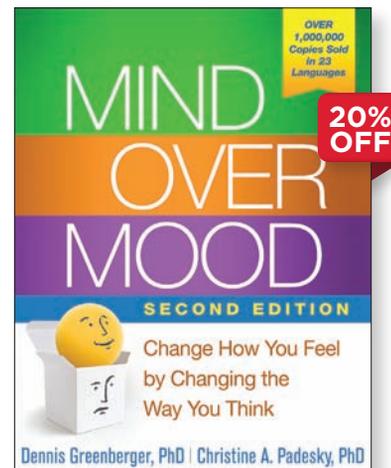
“This is a rare and special book that can easily be used for self-help or as an adjunct to therapy.... Greenberger’s and Padesky’s superb abilities and extensive experience as therapists, innovators, and educators are melded in this exemplary book.” —from the Foreword by **Aaron T. Beck, MD**

“Based on over 40 years of front-line research, this renowned book provides clinically proven strategies to help therapy clients and others manage the emotions that can so easily destroy quality of life....The first edition of this book was a classic—the second edition is even better, and will be a trusted guide for even more people across the globe.” —**Mark Williams, DPhil**

CONTENTS

- Foreword, **Aaron T. Beck**
1. How *Mind Over Mood* Can Help You
 2. Understanding Your Problems
 3. It’s the Thought That Counts
 4. Identifying and Rating Moods
 5. Setting Personal Goals and Noticing Improvement
 6. Situations, Moods, and Thoughts
 7. Automatic Thoughts
 8. Where’s the Evidence?
 9. Alternative or Balanced Thinking
 10. New Thoughts, Action Plans, and Acceptance
 11. Underlying Assumptions and Behavioral Experiments
 12. New Core Beliefs, Gratitude, and Acts of Kindness
 13. Understanding Your Depression
 14. Understanding Your Anxiety
 15. Understanding Your Anger, Guilt, and Shame
 16. Maintaining Your Gains and Experiencing More Happiness
- Epilogue
Appendix. Duplicate Copies of Selected Worksheets

Ideal for Client
Recommendation



Large, Easy-to-
Reproduce Format +
Downloadable Worksheets

2016, 8" x 10½" Paperback, 341 Pages
ISBN 978-1-4625-2042-8, \$26.95

SALE PRICE: \$21.55



ABOUT THE AUTHORS

Dennis Greenberger, PhD, a clinical psychologist, is the founder and Director of the Anxiety and Depression Center in Newport Beach, California. He is a past president and Founding Fellow of the Academy of Cognitive Therapy (ACT). Dr. Greenberger trained at the University of Pennsylvania’s Center for Cognitive Therapy and was mentored by Aaron T. Beck and Judith Beck. He has practiced CBT for more than 30 years and has presented at national and international conferences. Dr. Greenberger’s website is www.anxietyanddepressioncenter.com.



Christine A. Padesky, PhD, a clinical psychologist, is cofounder of the Center for Cognitive Therapy in Huntington Beach, California, and coauthor of five books. Dr. Padesky is Distinguished Founding Fellow of the ACT, a leading CBT innovator, and codeveloper of Strengths-Based CBT. An internationally renowned speaker who has taught workshops to more than 45,000 therapists, Dr. Padesky consults worldwide and develops audio and video training materials for therapists. Her website for professionals is www.padesky.com.



20%
OFF

Cognitive Therapy of Personality Disorders

THIRD EDITION

edited by
Aaron T. Beck
Denise D. Davis
Arthur Freeman

2016, 6" x 9" Paperback, 506 Pages
ISBN 978-1-4625-2581-2, \$45.00

SALE PRICE: \$36.00

Hardcover (2015):
ISBN 978-1-4625-1792-3, \$90.00



ABOUT THE AUTHORS

Aaron T. Beck, MD, is the founder of cognitive therapy, University Professor Emeritus of Psychiatry at the University of

Pennsylvania, and President Emeritus of the Beck Institute for Cognitive Behavior Therapy. Dr. Beck is the recipient of numerous awards, including the Albert Lasker Clinical Medical Research Award.



Denise D. Davis, PhD, is Assistant Director of Clinical Training in Psychology at Vanderbilt University. She is certified by the Academy of Cognitive Therapy as

a trainer, speaker, and consultant for cognitive therapy.



Arthur Freeman, EdD, ABPP, is Professor of Behavioral Medicine at Midwestern University, where he is Executive Director of the Clinical Psychology Programs

at both the Downers Grove, Illinois, and Glendale, Arizona, campuses.

How to Keep Out-of-Control Emotions from Destroying Your Relationship

Loving Someone with Borderline Personality Disorder

SHARI Y. MANNING, PhD

20%
OFF

★ **Bestseller—New in Paperback**

75,000
In Print

Cognitive Therapy of Personality Disorders

THIRD EDITION

Edited by **Aaron T. Beck, MD, Denise D. Davis, PhD, and Arthur Freeman, EdD**

“An integrative, pragmatic text, that draws upon cognitive-behavioral, humanistic, and even psychodynamic traditions. It is bold and ambitious, and it is necessary reading for those interested in the development of personality disorders, and in the development of personality itself.”

—*Cognitive Behavioral Therapy Book Reviews*

“The editors have assembled an international group of experts who provide practical, evidence-informed guidance on effectively managing difficult clinical situations.... This volume belongs on the bookshelf of clinicians and educators.”

—*Donna M. Sudak, MD*

This widely used practitioner resource and training tool is the definitive work on understanding and treating personality disorders from a CBT perspective. The prominent editors and contributors explain the nature of personality disorders and why they are so challenging to treat. Chapters addressing 12 specific disorders are organized around vivid, instructive clinical examples. The book provides up-to-date scientific knowledge about each disorder and describes effective strategies for differential diagnosis, case conceptualization, implementing individualized CBT interventions, and overcoming roadblocks.

CONTENTS

I. Theory, Research, and Clinical Methods

1. Overview of Cognitive-Behavioral Therapy of Personality Disorders, *David & Freeman*
2. Theory of Personality Disorders, *A. Beck*
3. Assessment of Personality Pathology, *Fournier*
4. Neural Mechanisms of Maladaptive Schemas and Modes in Personality Disorders, *Treadway*
5. General Principles and Specialized Techniques in Cognitive Therapy of Personality Disorders, *A. Beck, Freeman, & Davis*
6. The Therapeutic Alliance with Patients With Personality Disorders, *Davis & J. Beck*
7. Diversity, Culture, and Personality Disorders, *Rebeta*

II. Clinical Applications

8. Dependent Personality Disorder, *Brauer & Reinecke*
9. Avoidant Personality Disorder, *Padesky & J. Beck*
10. Obsessive-Compulsive Personality Disorder, *Simon*

11. Depressive Personality Disorder, *Clark & Hilschey*
 12. Paranoid, Schizotypal, and Schizoid Personality Disorders, *Renton & Mankiewicz*
 13. Passive-Aggressive Personality Disorder (Negativistic Personality Disorder), *Fusco*
 14. Narcissistic Personality Disorder, *Behary & Davis*
 15. Histrionic Personality Disorder, *Sungur & Gündüz*
 16. Antisocial Personality Disorder, *Mitchell, Tafate, & Freeman*
 17. Borderline Personality Disorder, *Arntz*
- ### III. Comorbidity and Clinical Management
18. Symptomatic Comorbidity, *DiTomasso & Rosenfield*
 19. Clinical Management, *Fusco*
 20. Synthesis and Prospects for the Future, *Denise D. Davis & Arthur Freeman*

View contributor details:
www.guilford.com/p/beck2

★ **Bestseller—Ideal for Client Recommendation**

Loving Someone with Borderline Personality Disorder

How to Keep Out-of-Control Emotions from Destroying Your Relationship

Shari Y. Manning, PhD, private practice, Chapin, SC

Foreword by **Marsha M. Linehan, PhD, ABPP**

“A readable, helpful book for relatives and friends of people with borderline personality disorder (BPD).... It will also be useful to professionals who are novices in treating BPD, providing useful insights into the diagnosis and the challenges of caring for someone who has it.”

—*Michaela Swales, PhD*

Written expressly for loved ones, this book explains *why* people with BPD act so “impossible” and presents simple yet powerful strategies that can radically transform a troubled relationship. Shari Manning—a longtime associate of DBT originator Marsha M. Linehan—clearly describes how to defuse crises, set limits, and help the person with BPD build crucial problem-solving and emotion-management skills.

2011, 6" x 9" Paperback, 253 Pages, ISBN 978-1-59385-607-6, \$16.95, **SALE PRICE: \$13.55**

New

Integrated Treatment for Personality Disorder

A Modular Approach

Edited by **W. John Livesley, MD, PhD**, University of British Columbia, Canada
Giancarlo Dimaggio, MD, Center for Metacognitive Interpersonal Therapy,
Rome, Italy

John F. Clarkin, PhD, Weill Medical College of Cornell University, New York, NY

“This is the most important book on the treatment of personality disorder to be published in many years. Clinicians have been confused by conflicting claims for unique efficacy, but research shows that all successful approaches are based on the same principles. We need one method combining the best ideas of all the others, and based on a broad theory of psychopathology. This volume shows, in clear prose, how that can be accomplished.”

—Joel Paris, MD

“Integrative treatment of personality disorders has finally come of age with this spectacular book!...

Three master scientist-practitioners deliver the best psychotherapy book I have read this year.

A game-changer for clinicians treating personality disorders.”

—John C. Norcross, PhD

Rather than arguing for one best approach for treating personality disorder, this pragmatic book emphasizes the benefits of weaving together multiple well-established intervention strategies to meet each patient’s needs. A framework is provided for constructing a comprehensive case formulation, planning treatment, and developing a strong therapeutic alliance. The clinician is guided to utilize techniques from all major therapeutic orientations to address transdiagnostic personality symptoms and problems involving emotion regulation, interpersonal functioning, and self and identity. Showing how to pick and choose from “what works” in a thoughtful, coordinated fashion, the book features rich clinical illustrations, including a chapter-length case example.

New Edition—Revised & Updated!

When Psychological Problems Mask Medical Disorders

SECOND EDITION

A Guide for Psychotherapists

James Morrison, MD, Oregon Health and Science University, Portland

“This is a book worth its weight in gold: it is eminently readable and can save some lives and bring improvement to many others.”

—*Journal of the American Medical Association*

“The ability to differentiate medical and psychological sources of psychological symptoms is a core competency in case formulation and treatment planning. Morrison’s succinct book helps clinicians with this critical task better than any other.”

—Tracy D. Eells, PhD

Widely regarded as a standard clinical resource, this book helps practitioners think outside the mental health box and recognize when a client may need a medical evaluation. Part I provides an accessible overview of symptoms that can be observed in a standard mental status examination and may point to medical illness. Engaging case vignettes and interviewing pointers help readers hone their diagnostic skills. Part II presents concise facts—including basic medical information and physical and mental symptoms—on more than 60 diseases and syndromes. An easy-to-read chart in Part III cross-tabulates all of the disorders and symptoms for quick reference and comparison.

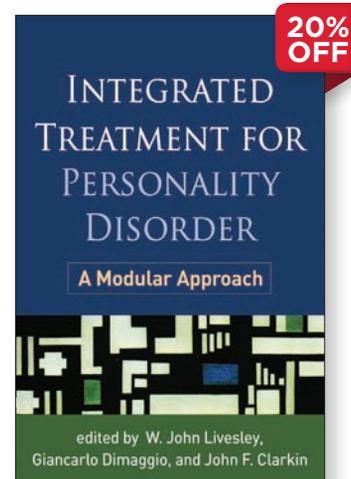
NEW TO THIS EDITION: ✓ Reflects more than 15 years of advances in medical and mental health knowledge. ✓ Updated throughout for DSM-5. ✓ Additional medical disorders: celiac disease, traumatic brain injury, heavy-metal toxicity, and others. ✓ Updated links to further reading on each health condition.

Most Guilford titles are available as e-books directly from our website or from major e-book vendors, including Amazon, Apple, Barnes & Noble, ebooks.com, Google, and Kobo.

New to e-books? Go to www.guilford.com/ebooks for FAQs, technical information, and a step-by-step user’s guide.

If an e-book exists for a specific title, you can find it for sale on its product page along with the print edition(s). For titles that are nearing publication, the e-book format will be published at the same time as the print edition. E-books for sale at www.guilford.com cost the same as the lowest-priced print format. Discounts and special offers in this catalog apply only to e-books purchased from Guilford’s website.

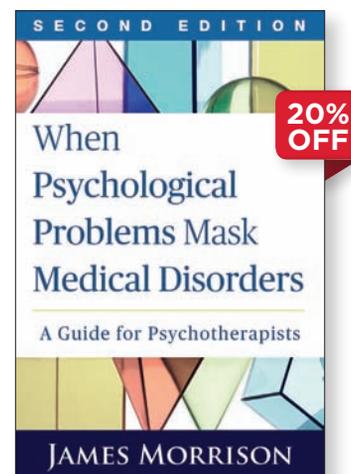
LOOKING FOR E-BOOKS?



2016, 6 1/8" x 9 1/4" Hardcover, 478 Pages
ISBN 978-1-4625-2288-0, \$60.00

SALE PRICE: \$48.00

MORE INFO www.guilford.com/p/livesley4



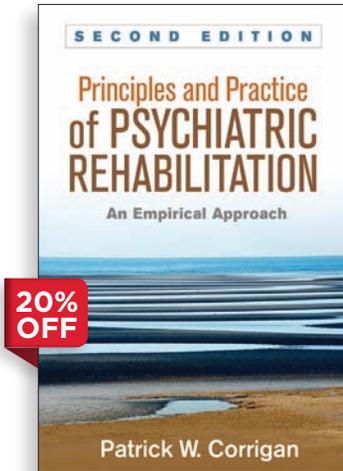
2015, 6" x 9" Paperback, 247 Pages
ISBN 978-1-4625-2176-0, \$30.00

SALE PRICE: \$24.00

Hardcover:
ISBN 978-1-4625-2177-7, \$75.00

MORE INFO www.guilford.com/p/morrison3

Coming in June



June 1, 2016

7" x 10" Paperback, 430 Pages
ISBN 978-1-4625-2621-5, \$55.00

SALE PRICE: \$44.00

Free For Adoption
Consideration
Professors: See



www.guilford.com/p/corrigan



ABOUT THE AUTHOR

Patrick W. Corrigan, PsyD, is Distinguished Professor of Psychology at the Illinois Institute of Technology. He is principal

investigator of the National Consortium for Stigma and Empowerment, a collaboration of investigators and advocates from more than a dozen institutions. His research examines psychiatric disability and the impact of stigma on recovery and rehabilitation. Dr. Corrigan has published more than 300 peer-reviewed articles and 15 books. He is editor emeritus of the *American Journal of Psychiatric Rehabilitation* and editor of *Stigma and Health*, a new journal published by the American Psychological Association.

New Edition—Revised & Updated!

Principles and Practice of Psychiatric Rehabilitation

SECOND EDITION

An Empirical Approach

Patrick W. Corrigan, PsyD

Foreword by **Kim T. Mueser, PhD**

The authoritative text on psychiatric rehabilitation, this book covers everything from conceptual and empirical foundations to exemplary program models. Students and practitioners gain the knowledge needed to help adults with psychiatric disabilities move forward in their recovery process and build personally satisfying lives. The book presents tools and strategies for assessing personal needs and strengths, integrating medical and psychosocial interventions, and implementing supportive services in such areas as housing, employment, education, substance abuse, and physical health. Numerous case examples illustrate both the real-world challenges of serious mental illness and the difference that effective interventions can make.

NEW TO THIS EDITION: ✓ Incorporates the latest concepts and evidence-based interventions. ✓ Streamlined chapter organization: more concise, yet still comprehensive. ✓ Heightened focus on empowerment, self-determination, and wellness promotion. ✓ New or expanded discussions of the “housing first” model, harm reduction, peer services and support, and the Affordable Care Act.

CRITICAL ACCLAIM

“Marks a turning point in the professional literature by infusing hope into the careful and comprehensive information presented about diagnoses, symptoms, and impairments that can lead to disability, while describing service approaches and the evidence to support them.”
—*PsycCRITIQUES*

“This encyclopedia of validated best practices should be a sturdy and ready reference on the shelf of all practitioners who work with the severely mentally ill.”
—*American Journal of Psychiatry*

“Corrigan is among the most respected psychologists writing about psychiatric rehabilitation today. This second edition is impressive in its unrelenting focus on understanding the struggles and strengths of people with psychiatric disabilities and helping them embrace recovery and pursue the high quality of life we all want for ourselves.”
—*Kia J. Bentley, PhD, LCSW*

“Remarkably scholarly and comprehensive, yet pragmatic...Corrigan demonstrates how much can be done to rehabilitate persons with serious mental illness in order to restore their biopsychosocial wellness. That’s why I strongly recommend that every mental health professional read and use this book.”
—*Henry A. Nasrallah, MD*

“A thorough and sweeping presentation...The second edition has several nicely updated sections that deal with critical contemporary issues, and provides a useful historical context for the practice of psychiatric rehabilitation.”
—*John S. Brekke, PhD*

CONTENTS

I. Understanding Psychiatric Disabilities in the Person and the World

1. Who Are People with Psychiatric Disabilities?
2. Stigma and Mental Illness
3. What Is Psychiatric Rehabilitation?

II. Rehabilitation Strategies

4. Assessment
5. Erasing Stigma and Promoting Empowerment
6. Illness and Wellness Self-Management
7. Care Coordination
8. Medications
9. Housing and Citizenship
10. Employment and Education
11. Family Interventions
12. Psychosis and Cognitive Challenges
13. Aggressive Behavior
14. Criminal Justice
15. Physical Health and Medical Care
16. Co-Occurring Mental Illness and Substance Abuse
17. Peer Services and Supports



**SIGN UP
& SAVE!**

RECEIVE EXCLUSIVE OFFERS VIA EMAIL

Plus Book News, Downloadable Sample Chapters, Free Journal Articles, and More

www.guilford.com/e-alerts

New

Cognitive-Behavioral Social Skills Training for Schizophrenia

A Practical Treatment Guide

Eric L. Granholm, PhD, John R. McQuaid, PhD, and Jason L. Holden, PhD

Foreword by Kim T. Mueser, PhD and Alan S. Bellack, PhD, ABPP

This unique manual presents cognitive-behavioral social skills training (CBSST), a step-by-step, empirically supported intervention that helps clients with schizophrenia achieve recovery goals related to living, learning, working, and socializing. CBSST interweaves three evidence-based practices—cognitive-behavioral therapy, social skills training, and problem-solving training—and can be delivered in individual or group contexts. Highly user friendly, the manual includes provider scripts, teaching tools, and engaging exercises and activities. Reproducible consumer workbooks for each module include skills summaries and worksheets. The large-size format facilitates photocopying; purchasers also get access to a Web page where they can download and print the reproducible materials.

■ Listed in SAMHSA's National Registry of Evidence-Based Programs and Practices

CRITICAL ACCLAIM

“The work of Granholm and his colleagues is unique in providing step-by-step methods for implementing, monitoring, and evaluating CBSST to improve the community functioning of persons with schizophrenia.”

—Robert Paul Liberman, MD

“An invaluable resource....The authors provide all the resources that clinicians need to implement this innovative treatment approach. CBSST teaches consumers new cognitive, behavioral, social, and problem-solving skills—all focused on achieving their recovery goals.”

—Michael G. McDonell, PhD

CONTENTS

Foreword, Kim T. Mueser & Alan S. Bellack

I. Background, Research Evidence, and Implementation

1. Improving Functioning in Schizophrenia
2. CBSST as an Evidence-Based Practice
3. Getting Started
4. Assessment: Measuring Effects of CBSST

II. Practical Guide

5. Introduction and Goal-Setting Session
6. Cognitive Skills Module
7. Social Skills Module
8. Problem-Solving Skills Module
9. Special Populations

III. CBSST Consumer Workbooks

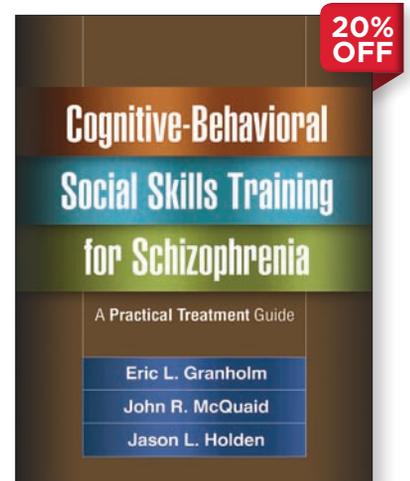
Cognitive Skills Module (Sessions 1–6) 1: Introduction and Goal Setting • 2: The Thoughts–Feelings–Behaviors Link • 3: The 3 C’s—Catch It, Check It, Change It • 4: The 3 C’s—Check It • 5: The 3 C’s—Change It • 6: 3 C’s Practice

Social Skills Module (Sessions 1–6) 1: Introduction and Goal Setting • 2: Communicate Effectively to Achieve Our Goals • 3: Expressing Pleasant Feelings • 4: Making Positive Requests • 5: Asking for Help with Your Goals • 6: Expressing Unpleasant Feelings

Problem-Solving Skills Module (Sessions 1–6)

1: Introduction and Goal Setting • 2: Introduction to SCALE • 3: Specify the Problem • 4: Consider All Solutions • 5: Lay Out a Plan • 6: Solving Problems Related to Goals

Appendices: A. Assessment Measures • B. Games to Engage and Teach • C. Additional Handouts and Materials



Large, Easy-to-Reproduce Format + Downloadable Materials

April 14, 2016

8" x 10½" Paperback, 312 Pages

ISBN 978-1-4625-2471-6, \$35.00

SALE PRICE: \$28.00



ABOUT THE AUTHORS

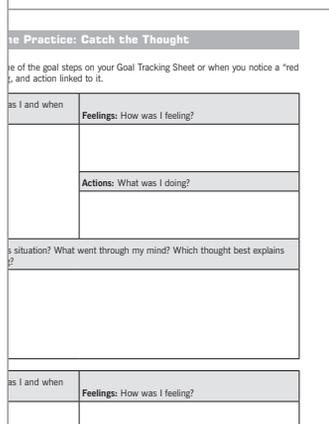
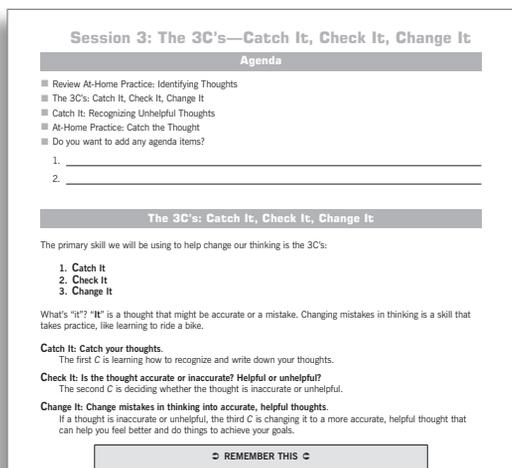
Eric L. Granholm, PhD, is Professor of Psychiatry at the University of California, San Diego and Director of the Center of Recovery Education at the Veterans Affairs San Diego Healthcare System.



John R. McQuaid, PhD, is Associate Chief of Mental Health at the San Francisco Veterans Affairs Medical Center and Professor of Clinical Psychology in the Department of Psychiatry at the University of California, San Francisco.



Jason L. Holden, PhD, is a Research Health Scientist and Project Manager at the Veterans Medical Research Foundation and Veterans Affairs San Diego Healthcare System.



Includes Reproducible Skills Summaries and Worksheets for Clients

20% OFF

The Emotion Regulation Skills System for Cognitively Challenged Clients

A DBT®-Informed Approach



JULIE F. BROWN

Large, Easy-to-
Reproduce Format +
Downloadable Materials

2016, 8" x 10½" Paperback, 367 Pages
ISBN 978-1-4625-1928-6, \$35.00

SALE PRICE: \$28.00



ABOUT THE AUTHOR

Julie F. Brown, MSW, PhD, is Director of Program Development at Justice Resource Institute's Integrated Clinical

Services in Rhode Island. She is an independent social worker who has practiced in the intellectual disabilities field for over two decades. Since 2005, Dr. Brown has been a DBT trainer with Behavioral Tech, LLC.

New

The Emotion Regulation Skills System for Cognitively Challenged Clients

A DBT®-Informed Approach

Julie F. Brown, MSW, PhD

Informed by the principles and practices of dialectical behavior therapy (DBT), this book presents skills training guidelines specifically designed for adults with cognitive challenges. Clinicians learn how to teach core emotion regulation and adaptive coping skills in a framework that promotes motivation and mastery for all learners, and that helps clients apply what they have learned in daily life. The book features ideas for scaffolding learning, a sample 12-week group curriculum that can also be used in individual skills training, and numerous practical tools, including 150 reproducible handouts and worksheets. The large-size format facilitates photocopying. Purchasers also get access to a Web page where they can download and print the reproducible materials.

CRITICAL ACCLAIM

"Buy this book and you will return to it again and again. Brown's Skills System offers a concise, ultra-pragmatic skills training approach with comprehensive, step-by-step curriculum materials great for teaching emotion regulation to learners of all abilities. Both experienced and novice skills trainers will love this toolkit of teaching strategies!"

—Kelly Koerner, PhD

"In this much-needed volume, Brown expertly translates basic concepts from DBT, using simple language, clear handouts, appealing visual icons, and inviting worksheets. Her curriculum helps individuals to regulate emotions, thoughts, and behaviors based on their level of emotional arousal and the situation."

—Jill H. Rathus, PhD

"Brown's approach to DBT skills training has been demonstrated to be very helpful for treating emotional dysregulation while accommodating this population's complex needs. An important and insightful book."

—Robert J. Fletcher, DSW, ACSW

CONTENTS

- 1. Introducing the Skills System
 - 2. Learning the Skills System
 - 3. Theoretical Underpinning of the Skills System
 - 4. Structuring Skills System Instruction
 - 5. Foundational Teaching Strategies
 - 6. E-Spiral Teaching Strategies
 - 7. Skills System 12-Week-Cycle Curriculum
 - 8. Skills Coaching Techniques
- Appendices:**
- A. Skills System Handouts and Worksheets
 - B. Skills Plan Map
 - C. Skills Coaching Worksheets

Includes 150 Reproducible Handouts and Worksheets, Complete with Worked Examples, Quizzes, and More



20% OFF + FREE SHIPPING!

Order at www.guilford.com with promotional code **KF62**

Or Order: Toll-Free: 800-365-7006 • Fax: 212-966-6708 (Free shipping applies only to online orders)

New

Changing Behavior in DBT® Problem Solving in Action

Heidi L. Heard, PhD, Senior Trainer, Behavioral Tech, St. Louis, MO

Michaela A. Swales, PhD, Bangor University, UK

Foreword by Marsha M. Linehan, PhD, ABPP

“If you really want to increase your adherence to dialectical behavior therapy (DBT), this is a ‘must read,’ written by true experts. This book will instantly help DBT clinicians—novices and veterans alike—improve the application of all key DBT problem-solving strategies and develop more precise behavioral formulations.”

—Alec L. Miller, PsyD

“For beginning students of psychotherapy, this book will effectively introduce evidence-based behavioral change methods, seamlessly blending the theoretical and practical. For experienced DBT clinicians, the book will sharpen the use of problem-solving tools, as it did for me.”

—Charles R. Swenson, MD

This book delves into problem solving, one of the core components of DBT. The authors are leading DBT trainers who elucidate the therapy’s principles of behavior change and use case examples to illustrate their effective application. Particular attention is given to common pitfalls that therapists encounter in analyzing target behaviors—for example, a suicide attempt or an episode of bingeing and purging—and selecting and implementing appropriate solutions. Guidelines are provided for successfully implementing the full range of DBT problem-solving strategies, including skills training, stimulus control and exposure, cognitive restructuring, and contingency management.

★ Marsha M. Linehan’s Bestselling Skills Training Program

DBT® Skills Training Manual, SECOND EDITION

AND

DBT® Skills Training Handouts and Worksheets SECOND EDITION

Marsha M. Linehan, PhD, ABPP, Professor and Director, Behavioral Research and Therapy Clinics, University of Washington; and Developer of DBT

“Mental health professionals—whether or not they use DBT as their major therapeutic orientation—will find the second edition of Linehan’s skills training manual and its companion volume of client worksheets and handouts invaluable.”

—Judith S. Beck, PhD

Two comprehensive resources—significantly revised and expanded to reflect important research and clinical advances—provide vital tools for implementing DBT skills training. The *DBT Skills Training Manual* presents complete instructions for orienting clients to DBT, plus extensive teaching notes that explain how to use more than 225 skills training handouts and worksheets. In addition, the author provides a brief overview of “How to Use This Book.” Purchasers of the *Manual* get access to a therapist-focused Web page where they can download and print all of the handouts and worksheets (which are not included in the *Manual*), as well as the teaching notes.

An ideal companion volume or client assignment, *DBT Skills Training Handouts and Worksheets* contains all of the handouts and worksheets for easy reference and photocopying. It also features brief introductions to each module written expressly for clients. Purchasers of the *Handouts and Worksheets* volume get access to a client-focused Web page where they can download and print additional copies of the handouts and worksheets.

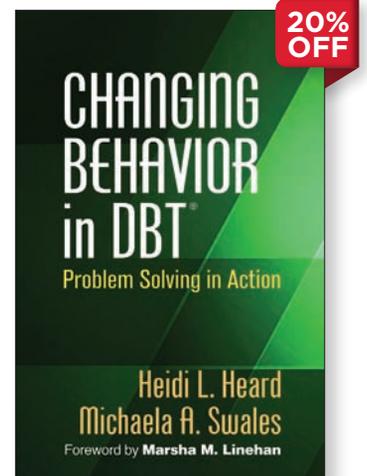
**SPECIAL
OFFER**

Order both books—a \$70 value for \$50!

Online: www.guilford.com/package/LINEHAN2

Phone/Mail: Use CAT. #LINEHAN2

500,000
In Print



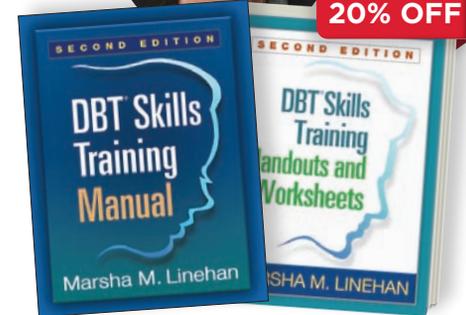
2016, 6" x 9" Hardcover, 266 Pages
ISBN 978-1-4625-2264-4, \$35.00

SALE PRICE: \$28.00

MORE INFO www.guilford.com/p/heard



**BOTH
20% OFF**



Large, Easy-to-
Reproduce Format +
Downloadable Handouts
& Worksheets

DBT® Skills Training Manual, Second Edition:

2015, 8½" x 11" Paperback, 504 Pages
ISBN 978-1-4625-1699-5, \$45.00

SALE PRICE: \$36.00

DBT® Skills Training Handouts and Worksheets, Second Edition:

2015 • 422 Pages
8½" x 11" Spiral-Bound Paperback
ISBN 978-1-57230-781-0 \$25.00

SALE PRICE: \$20.00



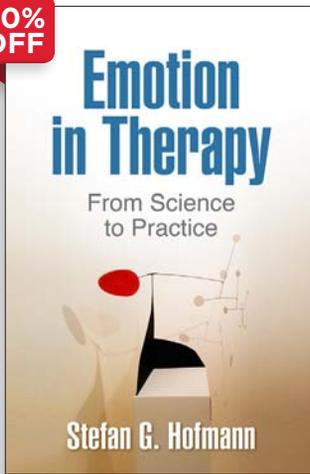
Both Titles Also Available
as E-books (PDF format)

PREVIEW THE BOOKS IN THIS BROCHURE ONLINE • Visit www.guilford.com/google where you can search across all books, or within a single book, to find a keyword, excerpt, or author.

PREVIEW



20%
OFF



2016, 6" x 9" Hardcover, 202 Pages
ISBN 978-1-4625-2448-8, \$35.00
SALE PRICE: \$28.00



ABOUT THE AUTHOR

Stefan G. Hofmann, PhD, is Professor in the Department of Psychological and Brain Sciences at

Boston University, where he directs the Psychotherapy and Emotion Research Laboratory. Dr. Hofmann is a recipient of the Aaron T. Beck Award from the Academy of Cognitive Therapy. He is past president of the Association for Behavioral and Cognitive Therapies and the International Association for Cognitive Psychotherapy.

New

Emotion in Therapy *From Science to Practice*

Stefan G. Hofmann, PhD

Foreword by **Steven C. Hayes, PhD**

Grounded in cutting-edge scientific research, this book presents innovative ways to explore and work with emotions in psychotherapy. Preeminent clinician-researcher Stefan G. Hofmann accessibly explains how emotions operate, what influences them, and how they can cause distress. He presents strategies that can significantly improve existing evidence-based treatments and promote positive affect and happiness. Clinicians are guided to help clients with any diagnosis gain emotional awareness and use emotion regulation techniques, mindfulness-based practices, and other effective strategies. “In Practice” features highlight specific clinical issues and offer illustrative case vignettes.

CRITICAL ACCLAIM

“This outstanding volume covers diverse areas related to emotions in therapy, including biology and neuroscience, social and personality psychology, motivation, and recent mindfulness meditation strategies. The author also gives concrete recommendations and tools for targeting emotions in clinical practice.”

—**Aaron T. Beck, MD**

“If you want a thoughtful translation of multidisciplinary research on emotion into clinical applications, you must read this book. It provides an excellent overview of the field, shows how emotion is a core aspect of the majority of psychological problems, and distills a set of cognitive-behavioral clinical strategies for working with emotion.”

—**Leslie S. Greenberg, PhD**

“The book illustrates how affective science can be translated into clinical practice, homing in on techniques that are useful for treatment of a variety of emotional problems...Clinicians will find this book both accessible and useful—a winning combination.”

—**Ann M. Kring, PhD**

CONTENTS

Foreword, *Steven C. Hayes*

1. The Nature of Emotions

2. Individual Differences

3. Motivation and Emotion

4. Self and Self-Regulation

5. Emotion Regulation

6. Appraisal and Reappraisal

7. Positive Affect and Happiness

8. Neurobiology of Emotions

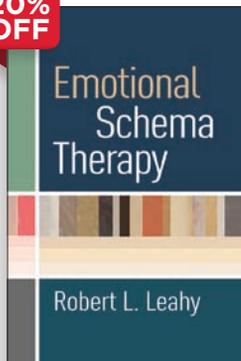
Appendices:

I. Common Self-Report Measures

II. Progressive Muscle Relaxation

III. Expressive Writing

20%
OFF



**Find all titles from
Dr. Robert Leahy:**
www.guilford.com/author/leahy

New

Emotional Schema Therapy

Robert L. Leahy, PhD, Weill Cornell Medical College; and Director,
American Institute for Cognitive Therapy, New York, NY

“Leahy offers a version of cognitive therapy that richly embraces emotion and addresses it with nuance and respect. This is not your grandmother’s cognitive therapy. I learned much from this book and am confident that other readers from outside the cognitive therapy world will as well.”

—**Paul L. Wachtel, PhD**

Over decades of practice of CBT, Robert L. Leahy has made important discoveries about the role that beliefs and expectations about emotions play in psychopathology. This book presents innovative tools for helping patients to understand their emotional schemas—such as the conviction that painful feelings are unbearable, shameful, or will last indefinitely—and develop new ways of accepting and coping with affective experience.

2015, 6" x 9" Hardcover, 384 Pages, ISBN 978-1-4625-2054-1, \$45.00, **SALE PRICE: \$36.00**

YOUR SATISFACTION IS GUARANTEED! 30-Day No-Risk/Full-Return Privilege

You may return Guilford books (undamaged) within 30 days of receipt for a full refund.

Order Today: Online www.guilford.com • Toll-Free 800-365-7006 • Fax 212-966-6708

New

The Psychology of Desire

Edited by **Wilhelm Hofmann, PhD**
Loran F. Nordgren, PhD

Providing a comprehensive perspective on human desire, this volume brings together leading experts from multiple psychological subdisciplines. The book addresses both normal and pathological forms of desire, as well as the complex relationship between desire and happiness. It includes chapters on specific applied domains—eating, sex, aggression, substance use, shopping, and social media. Contributors demonstrate how a desire perspective can enrich our understanding of problematic behavior. Innovative strategies for curbing unwanted cravings are highlighted. The book also examines how desire influences judgment and decision making more broadly, and probes its underlying brain mechanisms and regulatory processes.

CRITICAL ACCLAIM

“Is the pursuit of desires (related to food, sex, money, drugs, aggression) inherently adaptive or maladaptive? The growing consensus in the field of psychological science is that the answer is somewhere in between—the adaptiveness of desires is highly dependent upon context. This volume presents a compelling and thought-provoking account of the latest research identifying how, when, and for whom the pursuit of desires can contribute to a healthy and meaningful life. It will inspire clinical scientists to conceptualize their patients’ struggles as stemming from difficulties managing desires in a context-dependent way.”
—**Amelia Aldao, PhD**

“Desire can overpower us, making a mockery of our efforts to diet, to focus, to be faithful. And yet, it also can make us soar, inspiring invention, heroism, poetry. Hofmann and Nordgren have recruited the most respected authorities and have worked with them to create a brilliant, innovative book. If you’re interested in understanding the essence of human experience, this magnificent volume is for you. This book is ideal for scholars and students interested in goal pursuit, self-regulation, neuroscience, craving, dieting, aggression—the list goes on.”
—**Eli J. Finkel, PhD**

CONTENTS

Introduction, *Hofmann & Nordgren*

I. Basic Processes and Mechanisms

1. Elaborated Intrusion Theory: Explaining the Cognitive and Motivational Basis of Desire, *Andrade, May, van Dillen, & Kavanagh*
2. Grounding Desire and Motivated Behavior: A Theoretical Framework and Review of Empirical Evidence, *Papies & Barsalou*
3. Desire and Desire Regulation, *Hofmann, Kotabe, Vohs, & Baumeister*
4. Desire over Time: The Multifaceted Nature of Satiation, *Redden*
5. The Measurement of Desires and Craving, *Sayette & S. Wilson*

II. Neuroscience of Desire and Desire Regulation

6. Motivation and Pleasure in the Brain, *Kringelbach & Berridge*
7. Neuroscience of Desire Regulation, *Lopez, Wagner, & Heatherton*
8. Individual Differences in Desire and Approach Motivation, *E. Harmon-Jones, Gable, & C. Harmon-Jones*
9. Developmental Changes in Reward Sensitivity and Cognitive Control across Adolescence: Implications for Desire, *Galván*

III. Desire, Judgment, and Decision Making

10. License to Sin: Reasoning Processes in Desire, *de Ridder, de Witt Huberts, & Evers*

11. Perceptions of Desire: A Hot–Cold Empathy Gap Perspective, *Ruttan & Nordgren*

12. Want–Should Conflict: A Synthesis of Past Research, *Bitterly, Mislavsky, Dai, & Milkman*

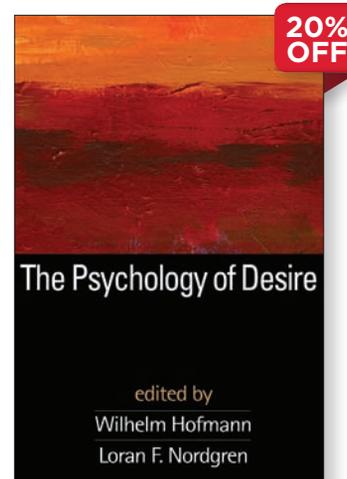
IV. Desire, Affect, and Well-Being

13. You Shall Not Always Get What You Want: The Consequences of Ambivalence toward Desires, *van Harreveld, Nohlen, & Schneider*
14. Desires and Happiness: Aristotelian, Puritan, and Buddhist Approaches, *Oishi, Westgate, Tucker, & Komiya*
15. Liking Little, Wanting Less: On (Lacking) Desire in Psychopathology, *Treadway*

V. Applied Content Domains

16. Desire for Food and the Power of Mind, *Roefs, Houben, & Werthmann*
17. Sexual Desire: Conceptualization, Correlates, and Causes, *Regan*
18. Aggressive Desires, *Denson, Schofield, & Fabiansson*
19. The Role of Desire and Craving in Addiction, *Franken*
20. Three Senses of Desire in Consumer Research, *Dholakia*
21. Old Desires, New Media, *Tamir & Ward*

View contributor details:
www.guilford.com/p/hofmann2



2015, 6½" x 9¼" Hardcover, 474 Pages
ISBN 978-1-4625-2160-9, \$85.00
SALE PRICE: \$68.00



ABOUT THE EDITORS

Wilhelm Hofmann, PhD, is Professor of Social and Economic Cognition at the University of Cologne, Germany. He also has taught and conducted research at the University of Würzburg (Germany), the University of Amsterdam (The Netherlands), and the University of Chicago Booth School of Business.



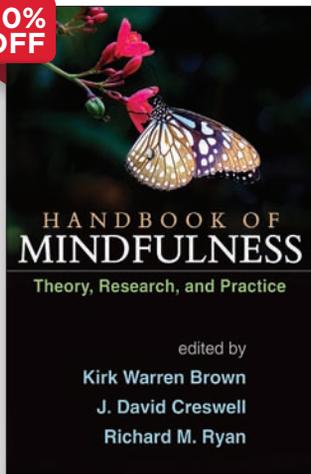
Loran F. Nordgren, PhD, is Professor of Management and Organizations at Northwestern University's Kellogg School of Management and

Codirector of the Human Ecology Lab at Northwestern, which aims to develop, extend, and test psychological theory through immersive field research.

**FREE
SHIPPING**



20%
OFF



2016, 7" x 10" Paperback, 466 Pages
ISBN 978-1-4625-2593-5, \$45.00

SALE PRICE: \$36.00

Hardcover (2015):
ISBN 978-1-4625-1890-6, \$90.00



ABOUT THE EDITORS

Kirk Warren Brown, PhD, is Associate Professor of Psychology at Virginia Commonwealth University. He studies

the role of attention to and awareness of internal states and behavior, with a particular interest in mindfulness and mindfulness-based interventions. Dr. Brown lectures widely across the United States and Europe and has been a Visiting Professor at the University of Paris.



J. David Creswell, PhD, is Associate Professor of Psychology at Carnegie Mellon University, where he conducts research on stress and coping, with a focus on pathways

linking mindfulness meditation training with stress reduction and stress-related disease outcomes. He serves as an academic editor for the journal *PLoS ONE*.



Richard M. Ryan, PhD, is a clinical psychologist and Senior Research Professor at the Institute for Positive Psychology and Education at Australian Catholic

University, with a secondary appointment at the University of Rochester. He is a codeveloper of self-determination theory, an internationally researched theory of human motivation and personality development.

New in Paperback

Handbook of Mindfulness Theory, Research, and Practice

Edited by **Kirk Warren Brown, PhD, J. David Creswell, PhD,**
and **Richard M. Ryan, PhD**

An authoritative handbook, this volume comprehensively examines the current science of mindfulness. Leading experts review a range of interventions designed to improve well-being and promote the treatment of behavioral and emotion dysregulation disorders, depression, anxiety, and addictions, as well as physical health conditions. Compelling findings are presented on the impact of contemplative practices on an individual's neurobiological, cognitive, emotional, and interpersonal functioning. The volume also considers how Buddhist conceptions of mindfulness have been adapted by psychologists and what theoretical and methodological challenges have arisen along the way.

CRITICAL ACCLAIM

"A compact volume that summarizes all aspects of the state of the art of meditation for mental health professionals....Clinicians who wish to quickly access common terms, themes, and clinical applications related to meditation as well as overviews of common mindfulness-based therapies would be satisfied."
—*PsycCRITIQUES*

"The most comprehensive work on mindfulness! This handbook sums up the current state of the research and clinical applications and offers insightful discussions of multiple aspects of mindfulness. The chapters are written in a clear and interesting fashion by highly respected experts."
—*Britta Hölzel, PhD*

"The mindfulness literature is growing so fast that keeping up can seem impossible. This volume helps tremendously....An outstanding volume from a distinguished group of contributors."
—*Ruth A. Baer, PhD*

CONTENTS

1. Introduction: The Evolution of Mindfulness Science, *Brown, Creswell, & Ryan*
- I. Historical and Conceptual Overview of Mindfulness**
2. Buddhist Conceptualizations of Mindfulness, *Gethin*
3. Developing Attention and Decreasing Affective Bias, *Davis & Thompson*
4. Reconceptualizing Mindfulness, *Carmody*
- II. Mindfulness in the Context of Contemporary Psychological Theory**
5. Mindfulness in the Context of the Attention System, *Tang & Posner*
6. Mindfulness in the Context of Processing Mode Theory, *Watkins*
7. Being Aware and Functioning Fully, *Deci, Ryan, Schultz, & Niemiec*
8. Mindfulness in Contextual Cognitive-Behavioral Models, *Szabo, Long, Villatte, & Hayes*
- III. The Basic Science of Mindfulness**
9. From Conceptualization to Operationalization of Mindfulness, *Quaglia, Brown, Lindsay, Creswell, & Goodman*
10. The Neurobiology of Mindfulness Meditation, *Zeidan*
11. Cognitive Benefits of Mindfulness Meditation, *van Vugt*
12. Emotional Benefits of Mindfulness, *Arch & Landy*
13. The Science of Presence, *Parker, Nelson, Epel, & Siegel*
14. Did the Buddha Have a Self?, *Ryan & Rigby*
- IV. Mindfulness Interventions for Healthy Populations**
15. Mindfulness-Based Stress Reduction for Healthy Stressed Adults, *Shapiro & Jazaieri*
16. Mindfulness Training for Children and Adolescents, *Black*
17. Mindfulness Training to Enhance Positive Functioning, *Brown*
- V. Mindfulness Interventions for Clinical Populations**
18. Mindfulness Interventions for Undercontrolled and Overcontrolled Disorders, *Lynch, Lazarus, & Cheavens*
19. Mindfulness-Based Cognitive Therapy for Chronic Depression, *Irving, Farb, & Segal*
20. Mindfulness in the Treatment of Anxiety, *Hayes-Skelton & Wadsworth*
21. A Mindfulness-Based Approach to Addiction, *Bowen, Vieten, Witkiewitz, & Carroll*
22. Mindfulness-Based Interventions for Physical Conditions, *Carlson*
23. Biological Pathways Linking Mindfulness with Health, *Creswell*

View contributor details:
www.guilford.com/p/brown12

**20% OFF +
FREE SHIPPING!**

Order at www.guilford.com with promotional code **KF62**

Or Order: Toll-Free: 800-365-7006 • Fax: 212-966-6708 (Free shipping applies only to online orders)

New

Buddhist Psychology and Cognitive-Behavioral Therapy

A Clinician's Guide

Dennis Tirch, PhD, Center for Compassion Focused Therapy; and Weill Cornell Medical College, New York, NY

Laura R. Silberstein, PsyD, Associate Director, Center for Compassion Focused Therapy, New York, NY

Russell L. Kolts, PhD, Eastern Washington University, Cheney

Foreword by **Robert L. Leahy, PhD**

“Make no mistake, this book is not just for Buddhists. The authors provide an articulate overview of Buddhist teachings and their consistency with CBT theory and techniques....Unlike many clinical guides, the exercises allow the reader to enhance self-compassion while learning more about providing compassionate help to others.”

—**Christopher R. Martell, PhD**

“This is essential reading for anyone seeking a deeper understanding of the ancient tradition that shapes evolving psychological approaches to the relief of suffering.”

—**Melanie Fennell, PhD**

This user-friendly guide to the basics of Buddhist psychology presents a roadmap specifically designed for CBT practitioners. It explains central Buddhist concepts and how they can be applied to clinical work, and features numerous experiential exercises and meditations. **Downloadable audio recordings of the guided meditations are provided at the companion website.** Essential topics include the relationship between suffering and psychopathology, the role of compassion in understanding and treating psychological problems, and how mindfulness fits into evidence-based psychotherapy practice. The book describes an innovative case conceptualization method, grounded in Buddhist thinking, that facilitates the targeted delivery of specific CBT interventions.

★ **New—Instant Bestseller!**

Teaching Mindfulness Skills to Kids and Teens

Edited by **Christopher Willard, PsyD**, Harvard Medical School/Cambridge Health Alliance

Amy Saltzman, MD, Founder and Director, Still Quiet Place; and Co-Founder and Director, Association for Mindfulness in Education, Menlo Park, CA

Foreword by **Susan Kaiser Greenland, JD**

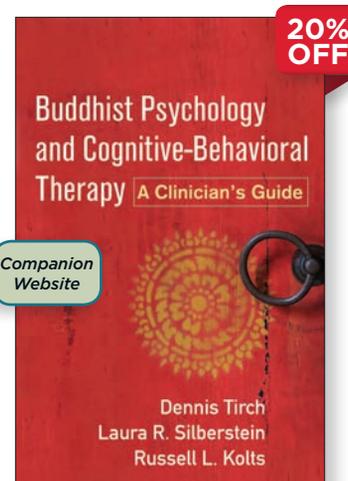
“Being aware of life as it unfolds brings clarity, connection, and creativity into everyday experiences. This magnificent collection of pearls of wisdom and practical advice is an important resource for any educator or clinician who supports the development of children and teens.”

—**Daniel J. Siegel, MD**

“What’s unique about this book is the wide range of ways it offers to help young people build emotional intelligence and resilience, and to prepare them to thrive on their way to adulthood.”

—**Elisha Goldstein, PhD**

Packed with creative, effective ideas for bringing mindfulness into the classroom, child therapy office, or community, this book features sample lesson plans and scripts, case studies, vignettes, and more. Leading experts describe how to harness the unique benefits of present-focused awareness for preschoolers, school-age kids, and teens, including at-risk youth and those with special needs. Strategies for overcoming common obstacles and engaging kids with different learning styles are explored. Chapters also share ways to incorporate mindfulness into a broad range of children’s activities, such as movement, sports, music, games, writing, and art. Giving clinicians and educators practices they can use immediately, the book includes clear explanations of relevant research findings.

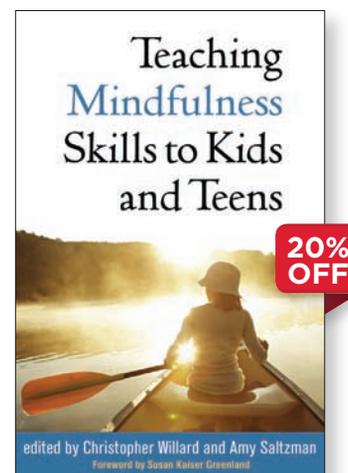


Includes Downloadable Audio Recordings

2016, 6" x 9" Hardcover, 266 Pages
ISBN 978-1-4625-2324-5, \$40.00

SALE PRICE: \$32.00

MORE INFO www.guilford.com/p/tirch



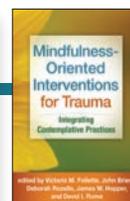
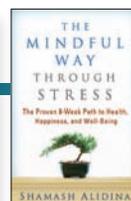
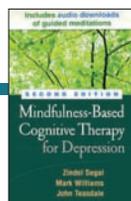
2015, 6" x 9" Hardcover, 438 Pages
ISBN 978-1-4625-2238-5, \$40.00

SALE PRICE: \$32.00

MORE INFO www.guilford.com/p/willard

Discover more titles on mindfulness for professionals and clients:

www.guilford.com/d/pp/mind



New

Adaptive Disclosure

A New Treatment for Military Trauma, Loss, and Moral Injury

Brett T. Litz, PhD, Boston University

Leslie Lebowitz, PhD, private practice, Newton, MA

Matt J. Gray, PhD, University of Wyoming, Laramie

William P. Nash, MD, Headquarters, Marine Corps, Arlington, VA

“Based on decades of clinical experience and scientific exploration, adaptive disclosure represents a novel approach to treatment. So few approaches exist for managing combat-related PTSD, making this book a welcome contribution....Therapists of all disciplines will benefit from the compelling rationale and model of care presented here.”

—Terence M. Keane, PhD

“The authors consider aspects of trauma that are too frequently ignored: grief and loss and moral injury. Litz, Lebowitz, Gray, and Nash are to be commended for taking us to the next level of caring for our service members and veterans.”

—Carl A. Castro, PhD

A complete guide to an innovative, research-based brief treatment specifically developed for service members and veterans, this book combines clinical wisdom and in-depth knowledge of military culture. Adaptive disclosure is designed to help those struggling in the aftermath of traumatic war-zone experiences, including life threat, traumatic loss, and moral injury, the violation of closely held beliefs or codes. Detailed guidelines are provided for assessing clients and delivering individualized interventions that integrate emotion-focused experiential strategies with elements of CBT. **Reproducible handouts can be downloaded and printed in a convenient 8½" x 11" size.**

New

Neuropsychological Report Writing

Edited by **Jacobus Donders, PhD, ABPP**, Psychology Service,
Mary Free Bed Rehabilitation Hospital, Grand Rapids, MI

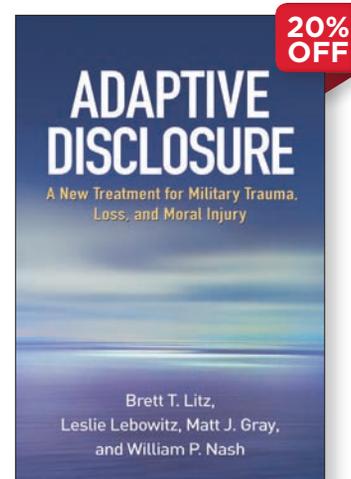
“An invaluable guide....This is not a ‘one-size-fits-all’ approach; rather, the book provides multiple report-writing tools that can be pulled out of the toolkit depending on the audience and purpose of the assessment.”

—Karen Postal, PhD

“This essential volume provides thoughtful guidance in the construction of evidence-based clinical neuropsychological reports. In each chapter, readers will find well-reasoned discussions of the crucial variables to be considered. Abundant examples illustrate how to craft the wording of reports to best meet the needs of our patients and others who rely on our assessments to inform decisions and provide appropriate services.”

—John A. Lucas, PhD

This book brings together experts to provide an in-depth guide to high-quality report writing in a range of contexts, including evaluations of older adults, psychiatric patients, those with complex medical conditions, schoolchildren, and others. It reviews the fundamental elements of a clinical neuropsychological report and shows how to tailor findings, conclusions, and recommendations to particular audiences, such as referring physicians, school professionals, and legal decision makers. Of special utility, every chapter features excerpts of sample reports, including examples of strong and poor documentation of the same material.

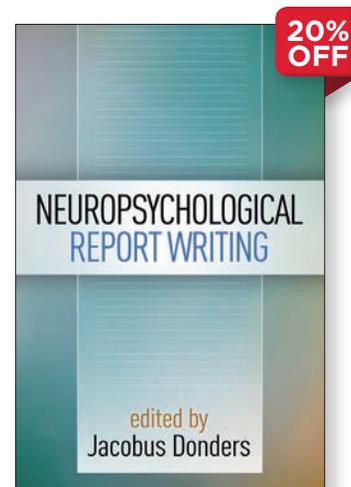


Includes Reproducible Handouts

2016, 6" x 9" Hardcover, 205 Pages
ISBN 978-1-4625-2329-0, \$35.00

SALE PRICE: \$28.00

MORE INFO www.guilford.com/p/litz2

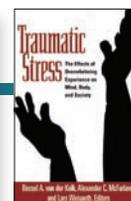
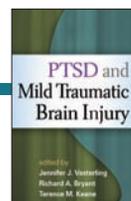


February 23, 2016
6" x 9" Paperback, 265 Pages
ISBN 978-1-4625-2417-4, \$40.00

SALE PRICE: \$32.00

Hardcover:
ISBN 978-1-4625-2425-9, \$85.00

MORE INFO www.guilford.com/p/donders



Discover more titles on trauma & PTSD: www.guilford.com/d/pp/taptsd

Download our latest catalog: www.guilford.com/add/cattrauma.pdf

20% OFF

Motivational Interviewing in the Treatment of Anxiety



Henry A. Westra

2016, 6" x 9" Paperback, 272 Pages
ISBN 978-1-4625-2599-7, \$28.00

SALE PRICE: \$22.40

Hardcover (2012):
ISBN 978-1-4625-0481-7, \$73.00



ABOUT THE AUTHOR

Henry A. Westra, PhD, is Associate Professor of Psychology at York University in Toronto, Ontario, Canada. She has

extensive clinical and research experience and has worked as a front-line clinician, clinical director, professor, and trainer. Dr. Westra's research on motivation and interpersonal process in psychotherapy has been funded by the National Institute of Mental Health and the Canadian Institute of Health Research.

New in Paperback

Motivational Interviewing in the Treatment of Anxiety

Henny A. Westra, PhD

This practical book provides effective strategies for helping therapy clients with anxiety resolve ambivalence and increase their intrinsic motivation for change. The author shows how to infuse the spirit and methods of motivational interviewing (MI) into cognitive-behavioral therapy or any other anxiety-focused treatment. She describes specific ways to use MI as a pretreatment intervention or integrate it throughout the course of therapy whenever motivational impasses occur. Vivid clinical material—including a chapter-length case example of a client presenting with anxiety and depression—enhances the utility of this accessible guide.

CRITICAL ACCLAIM

“Well-written, interesting, and informative...The book demonstrates practical detail, with effective strategies for enhancing engagement in anxiety-focused therapy. Westra provides tools for therapists in order to help anxious clients and motivation for change, with the basic MI concepts explained.”

—*Mental Health and Substance Use*

“A practical, compassionate, and clinically wise guide...Compelling descriptions—coupled with rich clinical illustrations—show therapists how to flexibly apply MI and access clients’ full potential and wisdom.”

—*Lizabeth Roemer, PhD*

“The book provides original insights into how MI can be used to address difficult treatment issues in anxiety, including resistance and noncompliance. This is one of those few clinical manuals that I consider ‘must reads’ for all practicing clinicians, regardless of level of experience or therapeutic orientation.”

—*David A. Clark, PhD*

“Having taught and supervised beginning therapists in a range of psychotherapy techniques for the past decade, I can attest that MI can be challenging to master. That is why we are fortunate to have this clear and accessible book, featuring vivid examples and thoughtful advice.”

—*Peter J. Norton, PhD*

CONTENTS

I. Integrating Motivational Interviewing into the Treatment of Anxiety and Related Problems

- 1. Where and Why Motivational Interviewing Fits
- 2. The Spirit of Motivational Interviewing

II. Assessing Readiness for Change

- 3. Observing Resistance
- 4. Asking About Readiness

III. Understanding Ambivalence and Building Resolve

- 5. Introduction to Working with Ambivalence
- 6. Understanding and Reframing Resistance to Change
- 7. Evoking and Elaborating Change Talk
- 8. Developing Discrepancy

IV. Extending Motivational Interviewing into the Action Phase

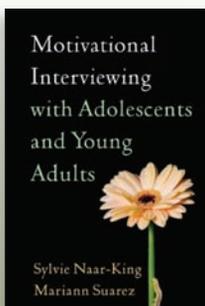
- 9. Evoking and Elaborating Client Expertise

- 10. Sharing Your Expertise
- 11. Listening Reflectively
- 12. Rolling with Resistance

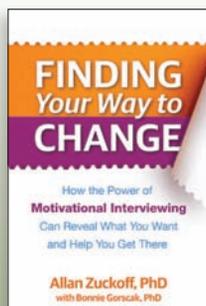
V. Putting It All Together

- 13. Integrated Case Example
Epilogue. Training and Future Directions
Appendix. Resources and Recommended Readings

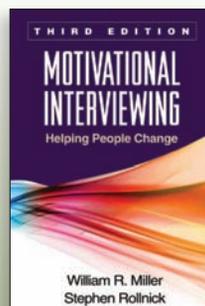
Discover More MI Books



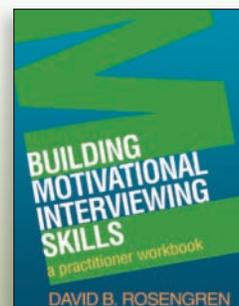
www.guilford.com/p/naar



www.guilford.com/p/zuckoff



www.guilford.com/p/miller2



www.guilford.com/p/rosengren

★ *New Edition of a Bestseller—A Major Revision!*

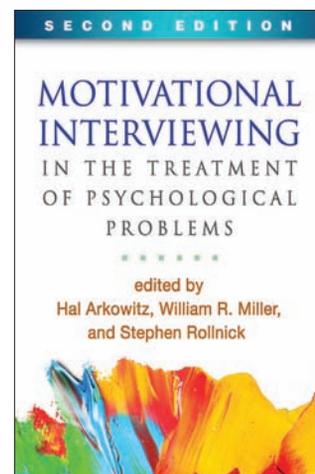
Motivational Interviewing in the Treatment of Psychological Problems, SECOND EDITION

Edited by **Hal Arkowitz, PhD**, University of Arizona (Emeritus)
William R. Miller, PhD, The University of New Mexico, Albuquerque (Emeritus)
Stephen Rollnick, PhD, Cardiff University, Wales, UK

“Therapists and researchers who are seeking a positive, respectful, and collaborative approach for helping diverse patients make positive change and for improving psychological interventions—this book is for you.”
 —*Psychiatric Services*

“Simply the best current and comprehensive work in this area... This book should be on the shelf of every clinician interested in motivational interviewing (MI), as well as graduate students and trainees.”
 —**Keith S. Dobson, PhD**

Leading experts describe ways to combine MI with other treatments for a wide range of psychological problems, including depression, anxiety disorders, eating disorders, PTSD, and others. Chapters illustrate the nuts and bolts of intervention, using vivid clinical examples, and review the empirical evidence base. Contributors show how to tailor MI to each population’s needs, whether used as a pretreatment or throughout the course of therapy. The second edition has been extensively revised with the latest theory, practices, and research, and includes many new authors.



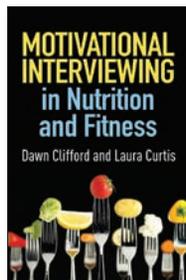
2015, 6" x 9" Hardcover, 400 Pages
 ISBN 978-1-4625-2103-6, \$55.00
SALE PRICE: \$44.00

MORE INFO www.guilford.com/p/arkowitz

New

Motivational Interviewing in Nutrition and Fitness

Dawn Clifford, PhD, RD,
 California State University, Chico
Laura Curtis, MS, RD,
 Glenn Medical Center, Willows, CA



“The authors capture complex ideas in rich, realistic dialogues between practitioners and their clients... This is a great book that helps readers ‘get’ the core concepts of MI and how to implement them in this area of health behavior change.”
 —**James Gavin, PhD**

Making and maintaining lasting changes in nutrition and fitness is not easy for anyone. Yet the communication style of a health professional can make a huge difference. Extensive sample dialogues illustrate specific ways to enhance conversations about meal planning and preparation, exercise, body image, disordered eating, and more.

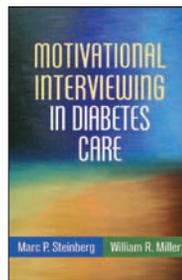
Includes Reproducible Forms and Handouts

2016, 6" x 9" Paperback, 276 Pages
 ISBN 978-1-4625-2418-1, \$30.00, **\$24.00**

New

Motivational Interviewing in Diabetes Care

Marc P. Steinberg, MD,
 private practice, Missoula, MT
William R. Miller, PhD,
 The University of New Mexico, Albuquerque (Emeritus)



“An incredible resource... Real-life examples and sample dialogues demonstrate key strategies and drill down into specific diabetes scenarios. The book is full of practical examples of how to guide patients to make changes.”
 —**Robert A. Gabbay, MD, PhD, FACP**

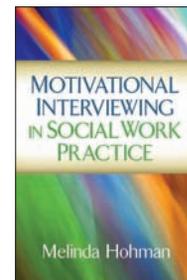
The uniquely qualified authors present proven counseling techniques that can make any conversation with a patient more efficacious and motivating. Numerous sample dialogues show specific ways to elicit patients’ strengths and help them overcome barriers to change in such areas as eating habits, physical activity, medication use, insulin treatment, substance abuse, psychological issues, and more.

2015, 6" x 9" Paperback, 244 Pages
 ISBN 978-1-4625-2163-0, \$30.00, **\$24.00**

New in Paperback

Motivational Interviewing in Social Work Practice

Melinda Hohman, PhD, MSW,
 San Diego State University



“Explores the role of theory in MI, provides examples that are specific to social work, and clarifies how MI fits with social work values and ethics... A great resource for students as they begin to practice in a variety of settings.”
 —**Mary Marden Velasquez, PhD**

Melinda Hohman and her associates describe innovative applications for diverse clients and practice areas, including substance abuse treatment, mental health, child welfare, community organizing, and others. Extensive sample dialogues illustrate MI skills in action with individuals and groups.

2015, 6" x 9" Paperback (© 2012), 178 Pages
 ISBN 978-1-4625-2369-6, \$25.00, **\$20.00**

FREE **Free For Adoption Consideration**
 See www.guilford.com/p/hohman

Most Guilford titles are available as e-books directly from our website or from major e-book vendors, including Amazon, Apple, Barnes & Noble, ebooks.com, Google, and Kobo.

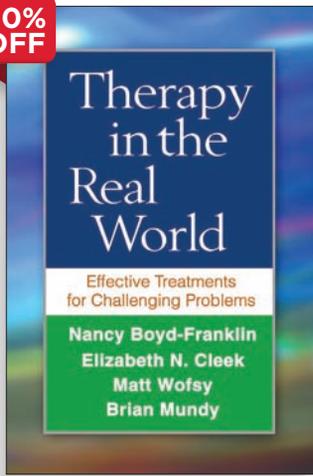
New to e-books? Go to www.guilford.com/ebooks for FAQs, technical information, and a step-by-step user’s guide.

If an e-book exists for a specific title, you can find it for sale on its product page along with the print edition(s). For titles that are nearing publication, the e-book format will be published at the same time as the print edition. E-books for sale at www.guilford.com cost the same as the lowest-priced print format. Discounts and special offers in this catalog apply only to e-books purchased from Guilford’s website.

LOOKING FOR E-BOOKS?

16

20%
OFF



2016, 6" x 9" Paperback, 384 Pages
ISBN 978-1-4625-2605-5, \$30.00

SALE PRICE: \$24.00

Hardcover (2013):
ISBN 978-1-4625-1028-3, \$75.00

Free For Adoption
Consideration



See www.guilford.com/p/boyd-franklin4

ABOUT THE AUTHORS

Nancy Boyd-Franklin, PhD, is Distinguished Professor (Professor II) in the Graduate School of Applied and Professional Psychology at Rutgers, The State University of New Jersey.

Elizabeth N. Cleek, PsyD, is a Vice President at the Institute for Community Living, a large behavioral health care agency in New York City.

Matt Wofsy, LCSW, is Director of Evidence-Based Treatment and Practice Innovation at the Institute for Community Living.

Brian Mundy, LCSW, is a Clinical and Evaluation Specialist at the Institute for Community Living. Mr. Mundy is Adjunct Professor at Long Island University and maintains a private clinical practice.

New in Paperback

Therapy in the Real World

Effective Treatments for Challenging Problems

**Nancy Boyd-Franklin, PhD, Elizabeth N. Cleek, PsyD,
Matt Wofsy, LCSW, and Brian Mundy, LCSW**

“A well-written text designed to assist therapists working in a variety of settings with clients from diverse backgrounds and having concerns ranging from mental illness, substance abuse, family issues, and interventions in schools, to well-being.”
—*PsycCRITIQUES*

“This groundbreaking book is a powerful and extremely relevant discussion of the real world of clinical practice today. It is a necessary addition to the library of every experienced and early career therapist and mental health practitioner.”
—**Joseph L. White, PhD**

“This extremely helpful book offers practitioners a readable and comprehensive primer for current, culturally sensitive clinical practice....A book that all those entering the profession will want to have as a guide.”
—**Monica McGoldrick, MSW, PhD (h.c.)**

Helping beginning and experienced therapists cope with the myriad challenges of working in agencies, clinics, hospitals, and private practice, this book distills the leading theories and best practices in the field. The authors provide a clear approach to engaging diverse clients and building rapport; interweaving evidence-based techniques to meet therapeutic goals; and intervening effectively with individuals, families, groups, and larger systems. Practitioners will find tools for addressing the needs of their clients while caring for themselves and avoiding burnout; students will find a clear-headed framework for making use of the variety of approaches available in mental health practice.

CONTENTS

I. Therapy in the Real World

1. Overview of the Book
2. Evidence-Based Practice
3. Incorporating Multicultural, Racial, and Socioeconomic Diversity
4. Joining and Establishing the Therapeutic Relationship
5. Psychoeducation and Recovery Principles in Mental Health Services
6. Motivational Interviewing
7. Cognitive-Behavioral Therapy
8. Mindfulness- and Acceptance-Based Principles and Practices
9. Relapse Prevention, Trigger Management, and the Completion of Treatment

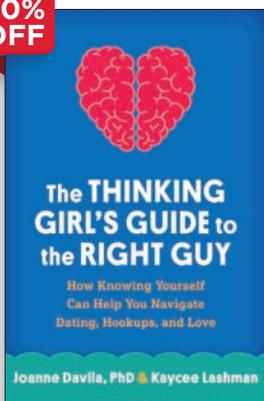
II. Core Mediation Processes

III. Systems Interventions:

Family, Multisystems, and Group Treatment

10. Family Therapy
 11. The Multisystems Model and Interdisciplinary Coordination of Care
 12. Group Therapy
 - IV. Risk Assessment and Crisis Intervention
 13. Risk Assessment and Suicide Prevention
 14. Crisis Intervention in Clinics, Schools, and Communities: Responses to Violence, Suicide, and Homicide
 - V. Challenges of Clinical Work, Clinician Self-Care, Supervision, and Training
 15. The Benefits and Challenges of Clinical Work and the Importance of Clinician Self-Care
 16. Supervision, Training, and Organizational Support as Antidotes to Burnout
- Concluding Statement

20%
OFF



New—Ideal for Recommendation

The Thinking Girl's Guide to the Right Guy

How Knowing Yourself Can Help You Navigate Dating, Hookups, and Love

Joanne Davila, PhD, Stony Brook University, NY
Kaycee Lashman, Vancouver, BC, Canada

“Unlike many self-help books, this one doesn't present formulas for ‘catching’ a guy. Instead, it helps readers tune into their own feelings, plans, and desires. It is full of important advice about the steps to take in building a healthy relationship.”
—**Lisa Aronson Fontes, PhD**

Vivid, realistic stories of diverse women in their 20s are interwoven with expert advice and practical tools that help readers navigate the changing landscape of sex and romance, identify their own needs and desires rather than simply trying to be what a man wants, communicate effectively, recognize red flags, and make “stay or go” decisions.

February 8, 2016, 6" x 9" Paperback, 322 Pages, ISBN 978-1-4625-1695-7, \$14.95, **SALE PRICE: \$11.95**

New in Paperback

65,000
In Print

Normal Family Processes, FOURTH EDITION Growing Diversity and Complexity

Edited by **Froma Walsh, PhD, MSW**, The University of Chicago (Emerita),
and Codirector, Chicago Center for Family Health

“The book provides an excellent springboard from which to foster student/trainee curiosity and further learning....I have already used insights from this book for work with my own clients.”

—*Clinical Social Work Journal*

“This volume takes another step forward on the trail that Walsh has blazed in the field of family therapy....This is a great text for graduate courses and a joy to read for experienced professionals.”

—**William M. Pinsof, PhD**

“A classic text....Therapists in training (or in practice!) will find this an invaluable resource for understanding the varieties of normal family life in our increasingly diverse world.”

—**Wayne H. Denton, MD, PhD**

Widely adopted, this valued practitioner guide and course text has expanded the understanding of family normality and healthy functioning in our increasingly diverse society. The editor and contributors are at the forefront of research and clinical training. They describe the challenges facing contemporary families and ways in which clinicians can promote resilience. With consideration of sociocultural and developmental influences, chapters identify key family processes that nurture and sustain strong bonds in couples; dual-earner, divorced, single-parent, remarried, adoptive, and kinship care families; gay and lesbian families; culturally diverse families; and those coping with adversity, such as trauma, poverty, and chronic illness.

New Edition—Revised & Expanded!

Strengthening Family Resilience THIRD EDITION

Froma Walsh, PhD, MSW

“In this invigorating read, Froma Walsh normalizes the vast adverse experiences of families and takes her readers through the journey of resiliency, challenging the problem-focused mindset offered by other therapeutic modalities....This book is a ‘must-read.’ Students and seasoned clinicians can find ways to apply the resiliency framework regardless of therapeutic modality.”

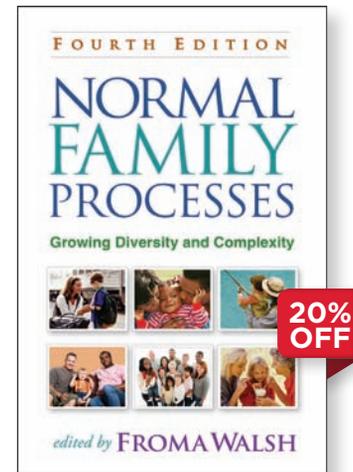
—*Journal of Marital and Family Therapy*

“While most therapists search for a cure for an illness, Froma Walsh explores the potential in families for wellness....Therapists will change their ways of thinking about healing after reading this remarkable book.”

—**Salvador Minuchin, MD**

In this widely used practitioner resource and course text Froma Walsh provides a state-of-the-art framework for understanding resilience in families and how to foster it. Illuminating the complex interplay of biopsychosocial influences in risk and resilience, she identifies key transactional processes that enable struggling families to grow stronger and more resourceful. Case illustrations demonstrate Walsh’s collaborative approach with diverse families facing a wide range of crisis situations and chronic multistress challenges. The book features practice principles, tools, and guidelines, as well as programmatic applications.

NEW TO THIS EDITION: ✓ Incorporates the latest practice advances and resilience research.
✓ Chapter on assessment tools and strategies. ✓ Chapter on disruptive transitions across the family life cycle. ✓ Expanded coverage of war-related and collective trauma.



2015, 6 1/8" x 9 1/4" Paperback, 592 Pages
ISBN 978-1-4625-2548-5, \$45.00

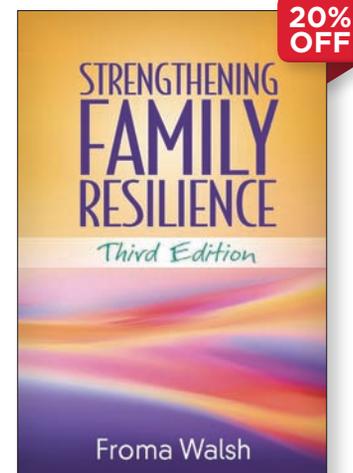
SALE PRICE: \$36.00

Hardcover (2012):
ISBN 978-1-4625-0255-4, \$90.00



Free For Adoption
Consideration

See www.guilford.com/p/walsh2



2016, 6" x 9" Hardcover, 400 Pages
ISBN 978-1-4625-2283-5, \$50.00

SALE PRICE: \$40.00



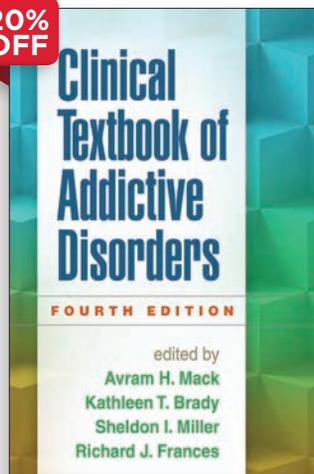
Free For Adoption
Consideration

See www.guilford.com/p/walsh3

PROFESSORS: Both titles on this page, plus selected Free For Adoption Consideration (FFAC) titles in this catalog, are also available as free e-books. No more waiting for a print copy to arrive in the mail! E-books are provided as PDF files that are paginated and formatted just like the printed book, and can be downloaded to a variety of devices. Simply go to the book’s page at www.guilford.com and click “download an e-book copy” if that option is available. You may request a print desk copy after adopting the book for your course. Visit www.guilford.com/professors for details. (Note: e-books are available when the print book is published.)

**FREE E-BOOKS
for Course Adoption
Consideration**

20%
OFF



March 23, 2016

7" x 10" Paperback, 730 Pages
ISBN 978-1-4625-2168-5, \$75.00

SALE PRICE: \$60.00

Hardcover:

ISBN 978-1-4625-2169-2, \$130.00

Free For Adoption
Consideration



See www.guilford.com/p/mack

ABOUT THE EDITORS

Avram H. Mack, MD, is Professor of Clinical Psychiatry at Georgetown University School of Medicine and a psychiatrist at Georgetown University Hospital. He is the director of medical student education in Georgetown's Department of Psychiatry.

Kathleen T. Brady, MD, PhD, a board-certified psychiatrist, is Distinguished University Professor and Associate Provost for Clinical and Translational Science at the Medical University of South Carolina. Dr. Brady leads numerous research projects.

Sheldon I. Miller, MD, until his death in 2011, was Emeritus Professor of Psychiatry and former Chairman of the Department of Psychiatry and Behavioral Sciences at Northwestern University Feinberg School of Medicine.

Richard J. Frances, MD, is Clinical Professor of Psychiatry at New York University School of Medicine and Adjunct Professor at Rutgers New Jersey Medical School. He has held leadership positions at New York Hospital-Cornell Medical Center and was president and medical director of Silver Hill Hospital. Dr. Frances maintains a private practice in New York.

New Edition—A Major Revision!

Clinical Textbook of Addictive Disorders

FOURTH EDITION

Edited by **Avram H. Mack, MD, Kathleen T. Brady, MD, PhD, Sheldon I. Miller, MD, and Richard J. Frances, MD**

This state-of-the-science reference and text has given thousands of practitioners and students a strong foundation in understanding and treating addictive disorders. Leading experts address the neurobiology of addictions and review best practices in assessment and diagnosis. Specific substances of abuse are examined in detail, with attention to real-world clinical considerations. Issues in working with particular populations—including polysubstance abusers, culturally diverse patients, older adults, chronic pain sufferers, and others—are explored. Chapters summarize the theoretical and empirical underpinnings of widely used psychosocial and pharmacological treatments and clearly describe clinical techniques.

NEW TO THIS EDITION: ✓ Incorporates a decade's worth of major advances in research and clinical practice. ✓ Updated for DSM-5. ✓ Many new authors; extensively revised with the latest information on specific biological mechanisms, substances, populations, and treatments. ✓ Chapter on motivational interviewing.

CRITICAL ACCLAIM

"Extraordinarily well-written and clinically relevant, this evidence-based work provides guidance and clarity to treatment professionals. Thousands of patients and practitioners will benefit from its contents, and treatment outcomes will be greatly improved."
—**Louis E. Baxter, Sr., MD**

"This book is ideal for therapists and researchers, as well as students and trainees new to the field.... Now in its fourth edition, the volume retains all of its originally positive features and adds timely and new information."
—**Nancy M. Petry, PhD**

CONTENTS

I. Foundations of Addiction

1. Neurobiology of Substance Use Disorders, *Kosten & Haile*
2. Historical and Social Context of Psychoactive Substance Disorders, *Westermeier*

II. Assessment of Addiction

3. Diagnostic Assessment of Substance Abusers, *Hasin & Kilcoyne*
4. Laboratory Testing for Substances of Abuse, *D. Andrew Baron & David A. Baron*

III. Substances of Abuse

5. Alcohol, *Nace*
6. Nicotine Dependence, *Kalman, Harrington, DiFranza, Pbert, & Ziedonis*
7. Opioids, *Back, McCauley, Barth, & Brady*
8. Cannabis, *Murray & Levin*
9. Hallucinogens and Inhalants, *Ross & Mack*
10. Caffeine, *Juliano & Raglan*
11. Stimulants, *Rawson, Mooney, & Ling*
12. Cocaine, *Akerele & Nahar*
13. Sedatives/Hypnotics and Benzodiazepines, *R. DuPont, Greene, & C. DuPont*

IV. Special Populations

14. Polysubstance Use, Abuse, and Dependence, *Rosenthal, Levounis, & Herron*
15. Co-Occurring Substance Use Disorders and Other Psychiatric Disorders, *Silverman, Najavits, Weiss*
16. Gambling Disorder and Other "Behavioral" Addictions, *Schreiber, Potenza, & Grant*
17. Substance Abuse in Minority Populations, *Franklin*

18. Addiction in the Workplace, *Westreich*

19. Forensic Approaches to Substances of Abuse, *Mack*
20. Patients with Chronic Pain and Opioid Misuse, *Haller & Schnoll*

21. Substance Use among Older Adults, *Koh, Gorney, Badre, & Jeste*

22. HIV/AIDS and Substance Use Disorders, *Kennedy & Schleifer*

23. Women and Substance Abuse, *Sugarman, Brezing, & Greenfield*

24. Substance Use Disorders in Adolescence, *Bukstein & Kaminer*

V. Treatments for Addictions

25. Matching and Differential Therapies, *Carroll & Kiluk*

26. Individual Psychodynamic Psychotherapy, *Dodes & Khantzian*

27. Cognitive Therapy, *Beck, Liese, & Najavits*

28. Group Therapy, Self-Help Groups, and Network Therapy, *Galanter*

29. Family Therapy Approaches, *Kaufman*

30. Motivational Interviewing, *Smith, Carpenter, Wain, & Nunes*

31. Dialectical Behavior Therapy for Individuals with Borderline Personality Disorder and Substance Use Disorders, *Hunter, Rosenthal, Lynch, & Linehan*

32. Psychopharmacological Treatments, *Mooney & McCance-Katz*

★ **New Edition of a Bestseller—Revised & Expanded!**

Group Treatment for Substance Abuse, SECOND EDITION *A Stages-of-Change Therapy Manual*

Mary Marden Velasquez, PhD, University of Texas at Austin
Cathy Crouch, LCSW, SEARCH Homeless Services, Houston, TX
Nanette Stokes Stephens, PhD, University of Texas at Austin
Carlo C. DiClemente, PhD, ABPP, University of Maryland, Baltimore County

“Highly recommended for to substance abuse counselors of all levels....It provides an understandable way to use the stages of change.”
—*Journal of Groups in Addiction and Recovery*

“The second edition retains the best-loved features of the first edition while adding new developments from motivational interviewing, CBT, and positive psychology.” —**David B. Rosengren, PhD**

The leading manual on group-based treatment of substance use disorders, this highly practical book is grounded in the transtheoretical model and emphasizes the experiential and behavioral processes of change. The program helps clients move through the stages of change by building skills for acknowledging a problem, deciding to act, developing and executing a plan, and accomplishing other critical tasks. The expert authors provide step-by-step guidelines for implementing the 35 structured sessions, along with strategies for enhancing motivation. **In a large-size format with lay-flat binding for easy photocopying, the volume includes 58 reproducible handouts. Purchasers get access to a Web page where they can download and print the reproducible materials.**

NEW TO THIS EDITION: ✓ Reflects significant developments in research and clinical practice.
✓ Eight new sessions focusing on the brain and substance use, gratitude, self-control, mindfulness, acceptance, and more. ✓ Updated discussions of motivational interviewing and the use of cognitive-behavioral techniques with groups. ✓ 41 of the 58 handouts are new or revised; all are now downloadable.

★ **Bestselling Clinical Guide and Text—New in Paperback**

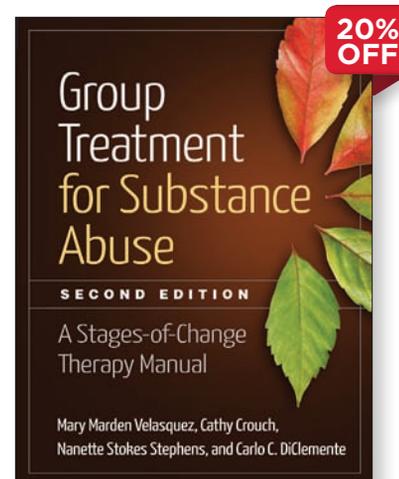
Substance Abuse Treatment and the Stages of Change, SECOND EDITION *Selecting and Planning Interventions*

Gerard J. Connors, PhD, University at Buffalo, NY
Carlo C. DiClemente, PhD, ABPP, University of Maryland, Baltimore County
Mary Marden Velasquez, PhD, University of Texas at Austin
Dennis M. Donovan, PhD, University of Washington, Seattle

“More than just a ‘how-to-do’ manual—readers will find it to be more of a ‘how to think’ book.... A useful, practical, and well-written guide.”
—*Addiction*

“This volume reflects the ongoing evolution of the theoretical model and its ever-expanding clinical application....A valuable treatment guide for clinicians and an excellent classroom text for students.”
—**Arnold M. Washton, PhD**

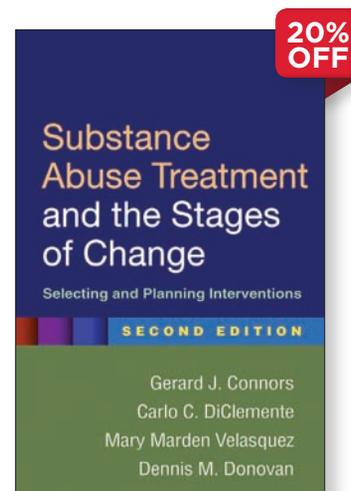
A widely adopted practitioner resource and course text, this book shows how to apply knowledge about behavior change in general—and the stages-of-change model in particular—to make substance abuse treatment more effective. The authors are leaders in the field who describe ways to tailor interventions for clients with varying levels of motivation or readiness to change. They draw on cutting-edge theory and research on the transtheoretical model to explain what works (and what doesn't work) at different stages of change. Rich clinical examples illustrate the “whats,” “whys,” and “how-tos” of using the stages-of-change model to inform treatment planning and intervention for individuals, groups, couples, and families.



 **Large, Easy-to-Reproduce Format + Downloadable Materials**

2016 • 308 Pages
8" x 10½" Lay-Flat Paperback
ISBN 978-1-4625-2340-5, \$40.00
SALE PRICE: \$32.00

MORE INFO  www.guilford.com/p/velasquez



2015, 6" x 9" Paperback, 356 Pages
ISBN 978-1-4625-2498-3, \$30.00
SALE PRICE: \$24.00

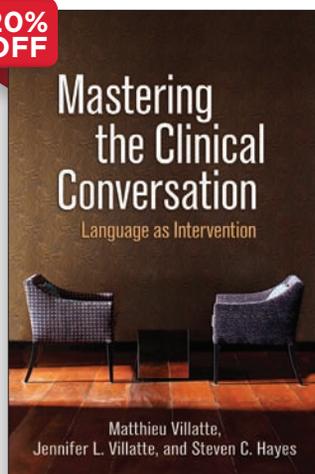
Hardcover (2013):
ISBN 978-1-4625-0804-4, \$75.00

 **Free For Adoption Consideration**
See www.guilford.com/p/connors

SPECIAL OFFER

Group Treatment for Substance Abuse, Second Edition, is a manual for a group-based approach grounded in the transtheoretical model. *Substance Abuse Treatment and the Stages of Change, Second Edition*, explores how the transtheoretical model can inform treatment planning and intervention in diverse clinical contexts. **Order both books—a \$70 value for \$50!** Online: www.guilford.com/package/STAGES • Phone/Mail: Use Cat. #STAGES

20%
OFF



2016, 6" x 9" Hardcover, 406 Pages
 ISBN 978-1-4625-2306-1, \$45.00
SALE PRICE: \$36.00

MORE INFO www.guilford.com/p/villatte

★ **New—Instant Bestseller**

Mastering the Clinical Conversation

Language as Intervention

Matthieu Villatte, PhD, Evidence-Based Practice Institute, Seattle, WA
Jennifer L. Villatte, PhD, University of Washington, Seattle
Steven C. Hayes, PhD, University of Nevada, Reno

“Beautifully written, this book imparts a deep understanding of language’s relationship to psychopathology and its effective use in psychotherapy. The theoretical presentation is exceptionally rich and the many examples of clinical application are particularly informative.” —**Michelle G. Craske, PhD**

“A fascinating, very accessible account of relational frame theory (RFT) and its application to psychotherapy practice. The book offers a gorgeous balance of conceptual thinking and practical applications. It is a mind-expanding resource for psychotherapists of all orientations and levels of experience.” —**Jacqueline B. Persons, PhD**

This compelling book provides psychotherapists with evidence-based strategies for harnessing the power of language to free clients from life-constricting patterns and promote psychological flourishing. Grounded in RFT, the volume shares innovative ways to enhance assessment and intervention using specific kinds of clinical conversations. Techniques are demonstrated for activating and shaping behavior change, building a flexible sense of self, fostering meaning and motivation, creating powerful experiential metaphors, and strengthening the therapeutic relationship. **User-friendly features include more than 80 clinical vignettes with commentary by the authors, plus a “Quick Guide to Using RFT in Psychotherapy” filled with sample phrases and questions to ask.**

New

Mindfulness and the Transformation of Despair

Working with People at Risk of Suicide

Mark Williams, DPhil, University of Oxford, UK
Melanie Fennell, PhD, University of Oxford, UK
Thorsten Barnhofer, PhD, Free University of Berlin, Germany
Rebecca Crane, PhD, Bangor University, UK
Sarah Silverton, MEd, Bangor University, UK

“The authors comprehensively present their adaptation of mindfulness-based cognitive therapy (MBCT), provide guidelines for training and supervision, and summarize the results of a recent clinical trial. This is useful and fascinating material.” —**Daniel N. Klein, PhD**

“A beautiful illustration of how to bring astute observation to an important clinical problem and develop and test a theory-based intervention.” —**Stuart J. Eisendrath, MD**

Grounded in extensive research and clinical experience, this book describes how to adapt MBCT for participants who struggle with recurrent suicidal thoughts and impulses. Clinicians and mindfulness teachers are presented with a comprehensive framework for understanding suicidality and its underlying vulnerabilities. The preliminary intake interview and each of the eight group mindfulness sessions of MBCT are discussed in detail, highlighting issues that need to be taken into account with highly vulnerable people. Assessment guidelines are provided and strategies for safely teaching core mindfulness practices are illustrated with extensive case examples. The book also discusses how to develop the required mindfulness teacher skills and competencies. **Purchasers get access to a companion website featuring downloadable audio recordings of the guided mindfulness practices, narrated by Zindel Segal, Mark Williams, and John Teasdale.**

Includes audio downloads of guided meditations by Zindel Segal, Mark Williams, and John Teasdale

Mindfulness and the Transformation of Despair

Working with People at Risk of Suicide

Working with People at Risk of Suicide

Companion Website

Mark Williams, Melanie Fennell, Thorsten Barnhofer, Rebecca Crane, & Sarah Silverton

20%
OFF

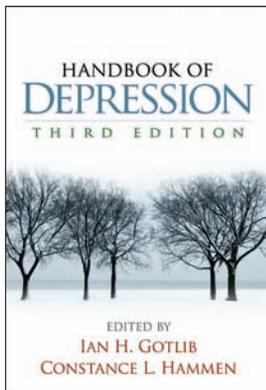
Includes Downloadable Audio Recordings

2015, 6" x 9" Hardcover, 334 Pages
 ISBN 978-1-4625-2182-1, \$45.00
SALE PRICE: \$36.00

MORE INFO www.guilford.com/p/williams6

PREVIEW

PREVIEW THE BOOKS IN THIS BROCHURE ONLINE • Visit www.guilford.com/google where you can search across all books, or within a single book, to find a keyword, excerpt, or author.



Handbook of Depression, THIRD EDITION

Edited by **Ian H. Gotlib, PhD**, Stanford University
Constance L. Hammen, PhD, University of California,
 Los Angeles

“Leading authorities in the field cover the entire body of depression research....The well-written chapters address the latest advances, including multilevel systems.”
 —**Aaron T. Beck, MD**

An authoritative reference on depression and mood disorders, this volume brings together the field’s preeminent researchers. All aspects of unipolar and bipolar depression are addressed, from genetics, neurobiology, and social-contextual risk factors to the most effective approaches to assessment and clinical management.

2015, 7" x 10" Paperback (© 2014), 642 Pages
 ISBN 978-1-4625-2416-7, \$45.00, **SALE PRICE: \$36.00**

MORE INFO www.guilford.com/p/gotlib

Handbook of PTSD, SECOND EDITION Science and Practice

Edited by **Matthew J. Friedman, MD, PhD**, Dartmouth Medical School, Hanover, NH; and National Center for PTSD, White River Junction VA Medical Center
Terence M. Keane, PhD, National Center for PTSD, VA Boston Healthcare System; and Boston University School of Medicine
Patricia A. Resick, PhD, Duke University School of Medicine

“Highly organized, balanced, evidence based, and comprehensive.... An essential resource.”
 —**New England Journal of Medicine**

“An extraordinary volume.”
 —**Ronald C. Kessler, PhD**

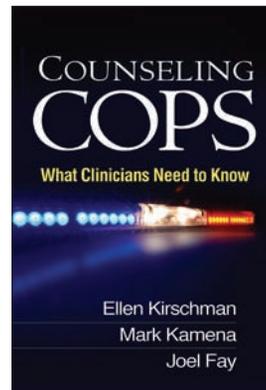
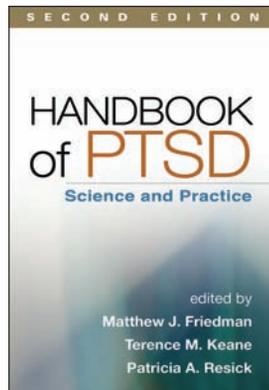
Widely regarded as the definitive reference, this handbook brings together foremost authorities on PTSD. Diagnostic, conceptual, and treatment issues are reviewed in depth. The volume examines the causes and mechanisms of PTSD on multiple levels, from psychological processes to genes and neurobiology.

2015, 7" x 10" Paperback (© 2014), 718 Pages
 ISBN 978-1-4625-2549-2, \$55.00, **SALE PRICE: \$44.00**

MORE INFO www.guilford.com/p/friedman8

Most Guilford titles are available as e-books directly from our website or from major e-book vendors, including Amazon, Apple, Barnes & Noble, ebooks.com, Google, and Kobo.

New to e-books? Go to www.guilford.com/ebooks for FAQs, technical information, and a step-by-step user’s guide.



Counseling Cops

What Clinicians Need to Know

Ellen Kirschman, PhD, private practice, Redwood City, CA
Mark Kamena, PhD, ABPP, private practice, San Rafael, CA
Joel Fay, PsyD, ABPP, private practice, San Rafael, CA

Foreword by **Ellen Scrivner, PhD**

“The book is complete with insights into law enforcement culture and vignettes that illustrate the problems faced by both cops and those who choose to treat them.”
 —**PsycCRITIQUES**

Numerous concrete examples and tips show how to build rapport with cops, use a range of effective intervention strategies, and avoid common missteps and misconceptions. A new preface in the paperback and e-book editions highlights the book’s relevance in the context of current events and concerns about police–community relations.

2015, 6" x 9" Paperback (© 2014), 288 Pages
 ISBN 978-1-4625-2430-3, \$25.00, **SALE PRICE: \$20.00**

Treatment of Complex Trauma A Sequenced, Relationship-Based Approach

Christine A. Courtois, PhD, ABPP, private practice, Washington, DC

Julian D. Ford, PhD, University of Connecticut Health Center, Farmington

Foreword by **John Briere, PhD**

“The book has already had a profound effect on the field, and has introduced many previously unaware clinicians to foundational concepts.”
 —**Laura S. Brown, PhD**

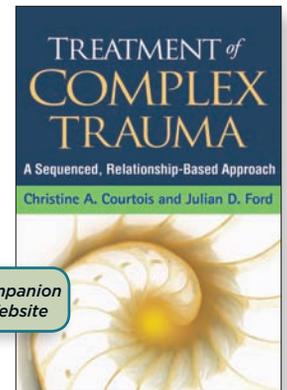
Christine Courtois and Julian Ford present their effective, research-based approach for helping clients move through three clearly defined phases of posttraumatic recovery. A new preface in the paperback and e-book editions addresses key scientific advances.

■ **Winner (Second Place)—American Journal of Nursing Book of the Year Award, Psychiatric and Mental Health Nursing Category**

Includes Downloadable Reflection Questions

2015, 6½" x 9¼" Paperback (© 2013), 378 Pages
 ISBN 978-1-4625-2460-0, \$28.00, **SALE PRICE: \$22.40**

Companion Website



If an e-book exists for a specific title, you can find it for sale on its product page along with the print edition(s). For titles that are nearing publication, the e-book format will be published at the same time as the print edition. E-books for sale at www.guilford.com cost the same as the lowest-priced print format. Discounts and special offers in this catalog apply only to e-books purchased from Guilford’s website.

LOOKING FOR E-BOOKS?



20%
OFF

Behavioral Activation with Adolescents

A Clinician's Guide



Elizabeth McCauley,
Kelly A. Schloredt, Gretchen R. Gudmundsen,
Christopher R. Martell, and Sona Dimidjian

Large, Easy-to-
Reproduce Format +
Downloadable Materials



February 22, 2016

8" x 10½" Paperback, 226 Pages

ISBN 978-1-4625-2398-6, \$35.00

SALE PRICE: \$28.00

ABOUT THE AUTHORS

Elizabeth McCauley, PhD, ABPP, is Professor in the Department of Psychiatry and Behavioral Sciences at the University of Washington (UW), and Director of the Mood and Anxiety Program at Seattle Children's Hospital.

Kelly A. Schloredt, PhD, ABPP, is Attending Clinical Psychologist in Child Psychiatry and Behavioral Medicine, and Clinical Director of the Psychiatry and Behavioral Medicine Unit, at Seattle Children's Hospital. She is also Clinical Professor in the Department of Psychiatry and Behavioral Sciences at UW.

Gretchen R. Gudmundsen, PhD, is Assistant Professor in the Department of Psychiatry and Behavioral Sciences at UW and Attending Clinical Psychologist in Child Psychiatry and Behavioral Medicine at Seattle Children's Hospital.

Christopher R. Martell, PhD, ABPP, is Clinical Professor in the Department of Psychology at the University of Wisconsin-Milwaukee and the owner of Martell Activation Research Consulting.

Sona Dimidjian, PhD, is Associate Professor in the Department of Psychology and Neuroscience at the University of Colorado Boulder.

New

Behavioral Activation with Adolescents

A Clinician's Guide

Elizabeth McCauley, PhD, Kelly A. Schloredt, PhD, Gretchen R. Gudmundsen, PhD, Christopher R. Martell, PhD, and Sona Dimidjian, PhD

"This marvelous volume provides thoughtful guidance for adapting behavioral activation (BA)—one of the most promising therapies for depression to enter the field in the last two decades—to the treatment of adolescents. The book combines a rich theoretical overview of the approach and a straightforward approach to implementation."

—Steven D. Hollon, PhD

"A book that should be on the shelf of all clinicians who work with mood-disordered adolescents, from entry-level therapists to advanced practitioners. BA has been shown to be an effective treatment for adult depression, but until now, there has not been a developmentally appropriate adaption that clinicians could readily utilize. McCauley and colleagues present a clear, step-by-step approach that is grounded in theory, research, and extensive clinical experience."

—David A. Brent, MD

"This outstanding clinician's guide provides a cogent rationale for the treatment model and step-by-step instructions on how to structure the sessions, which techniques to use when, and ways to address common treatment challenges. The detailed reproducible handouts are invaluable for both new and experienced clinicians. Case vignettes enable the reader to visualize the course of treatment for a diverse set of problems associated with depression in adolescents."

—Laura H. Mufson, PhD

This book presents the first BA program to help 12- to 18-year-olds overcome depression. The authors provide a systematic framework for increasing adolescents' engagement in rewarding activities and decreasing avoidant behavior. User-friendly features include session-by-session guidelines and agendas, sample scripts, and instructional materials. Strategies are described for actively involving parents and tailoring BA to each teen's needs and developmental level. **In a large-size format for easy photocopying, the book contains 35 reproducible handouts. Purchasers get access to a Web page where they can download and print the reproducible materials.**

CONTENTS

1. Depression and Behavioral Activation with Adolescents
2. Assessment, Case Conceptualization, and Treatment Planning
3. How to Use the A-BAP Session Guides
4. Management of Treatment Challenges within the A-BAP Approach
5. Applications of Behavioral Activation with Other Clinical Samples/Situations

A-BAP Treatment Sessions (Modules 1–5)

1. Getting Started
2. Getting Active
3. Skill Building
4. Practice
5. Moving Forward

Reproducible Handouts

Behavioral Activation for Depression

A Clinician's Guide

Christopher R. Martell, PhD, ABPP, University of Wisconsin-Milwaukee
Sona Dimidjian, PhD, University of Colorado at Boulder
Ruth Herman-Dunn, PhD, University of Washington

Foreword by **Peter M. Lewinsohn, PhD**

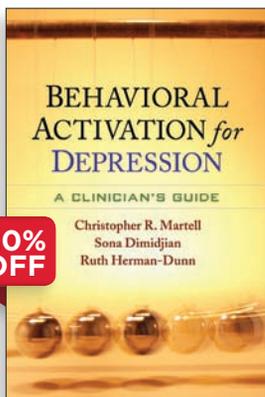
"An important resource for clinicians who want to refine their approach to their clients' problems with depression, and an excellent text for graduate courses in behavior therapy or empirically supported treatments for depression."

—Robert J. DeRubeis, PhD

This book presents guidelines for identifying individualized treatment targets, monitoring and scheduling "antidepressant" activities—experiences that are likely to be rewarding and pleasurable—and decreasing avoidance and ruminative thinking.

Includes Reproducible Materials

2013, 6" x 9" Paperback (© 2010), 220 Pages, ISBN 978-1-4625-1017-7, \$29.00, **SALE PRICE: \$23.20**



20%
OFF

BEHAVIORAL ACTIVATION for DEPRESSION

A CLINICIAN'S GUIDE

Christopher R. Martell
Sona Dimidjian
Ruth Herman-Dunn

New in Paperback

Group Work with Adolescents

THIRD EDITION

Principles and Practice

Andrew Malekoff, MSW, LCSW, CASAC, North Shore Child and Family Guidance Center, Roslyn Heights, NY

“With honesty, enthusiasm, and genuine concern for his clients, Malekoff shares years of experience and expertise.”

—*Journal of Clinical Child Psychology*

“A leading resource. . . . Providing comprehensive coverage of important clinical issues, with illustrative practice examples drawn from the author’s in-depth experience, the book is really helpful for students preparing to practice in this area.”

—**Ronald W. Toseland, MSW, PhD**

“The third edition comes alive through up-to-date research findings, discussions of alternative group modalities, and new case studies. The content is fresh and highly relevant for practitioners and students.”

—**Flavio F. Marsiglia, PhD**

As a trusted course text and professional resource, this comprehensive book delves into all aspects of planning and conducting strengths-based group work with adolescents. In an accessible, down-to-earth style, Andrew Malekoff spells out the principles of effective group practice. Extensive clinical illustrations show how successful group leaders engage teens in addressing tough issues—including violence, sexuality, prejudice, social isolation, and substance abuse—in a wide range of settings. Normative issues that adolescents face in the multiple contexts of their lives are lucidly explained. Packed with creative ideas and activities, the book helps readers develop their skills as confident, reflective practitioners.

★ **Bestseller**

DBT® Skills Manual for Adolescents

Jill H. Rathus, PhD, Long Island University-C.W. Post Campus, Brookville, NY

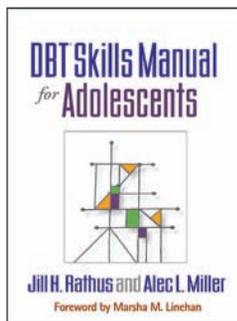
Alec L. Miller, PsyD, Montefiore Medical Center of the Albert Einstein College of Medicine, Bronx, NY

Foreword by **Marsha M. Linehan, PhD, ABPP**

“Rathus and Miller have led the way in extending dialectical behavior therapy (DBT) to the world of adolescents. Now these true treatment pioneers provide a clear and efficient package for clinicians who want to implement the approach. . . . This is a ‘must-have’ resource for mental health providers.”

—**Perry D. Hoffman, PhD**

From leading experts who have trained thousands of professionals in DBT, this manual provides indispensable tools for treating adolescents with emotional or behavioral problems of any level of severity. Designed for optimal clinical utility, the book features session outlines, teaching notes, discussion points, examples, homework assignments, and 85 reproducible handouts, in a large-size format for easy photocopying. Purchasers also get access to a Web page where they can download and print the reproducible materials.



Large, Easy-to-
Reproduce Format +
Downloadable Handouts

2015 • 392 Pages
8" x 10½" Paperback
ISBN 978-1-4625-1535-6
\$45.00, **\$36.00**

★ **Bestseller—New in Paperback**

Ordinary Magic

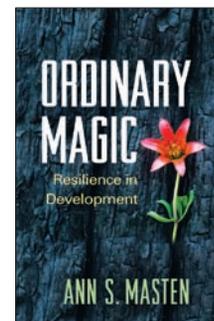
Resilience in Development

Ann S. Masten, PhD,
University of Minnesota

“Ann Masten writes in an accessible narrative style while drawing on her vast personal and professional experience as a professor and international resilience expert. . . . An illuminating and useful text for students, researchers, and anyone interested in this field.”—*Therapy Today*

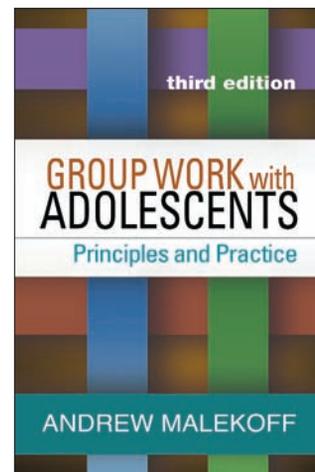
From a pioneering researcher, this book synthesizes the best current knowledge on resilience from early childhood to adolescence and beyond.

Ann S. Masten explores what allows certain individuals to thrive and adapt despite adverse circumstances, such as poverty, chronic family problems, or exposure to trauma. Coverage encompasses the neurobiology of resilience as well as the role of major contexts of development: families, schools, and culture.



2015, 6" x 9" Paperback
(© 2014), 370 Pages
ISBN 978-1-4625-2371-9
~~\$30.00~~, **\$24.00**

Free For Adoption
Consideration
See www.guilford.com/p/masten



2015, 6" x 9" Paperback, 438 Pages
ISBN 978-1-4625-2580-5, \$35.00
SALE PRICE: \$28.00

Hardcover (2014):
ISBN 978-1-4625-1599-8, \$80.00



Free For Adoption
Consideration
See www.guilford.com/p/malekoff

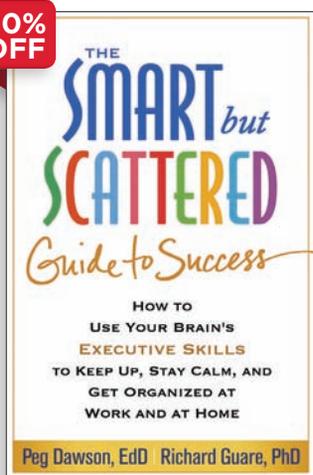
Order at www.guilford.com with promotional code **KF62**

Or Order: Toll-Free: 800-365-7006 • Fax: 212-966-6708 (Free shipping applies only to online orders)

**20% OFF +
FREE SHIPPING!**

Ideal for Client Recommendation

20% OFF



Includes Reproducible Worksheets and Forms

2016, 7" x 10" Paperback, 294 Pages
ISBN 978-1-4625-1696-4, \$16.95
SALE PRICE: \$13.55

Hardcover:
ISBN 978-1-4625-2279-8, \$52.00



ABOUT THE AUTHORS

Peg Dawson, EdD, is a staff psychologist at the Center for Learning and Attention Disorders at Seacoast Mental Health Center in Portsmouth, New Hampshire, where she specializes in the assessment of children and adults with learning and attention disorders.



Richard Guare, PhD, a neuropsychologist and board-certified behavior analyst, is Director of the Center for Learning and Attention Disorders at Seacoast Mental Health Center. His research and publications focus on the understanding and treatment of learning and attention difficulties.

Center in Portsmouth, New Hampshire, where she specializes in the assessment of children and adults with learning and attention disorders.

New

The Smart but Scattered Guide to Success

How to Use Your Brain's Executive Skills to Keep Up, Stay Calm, and Get Organized at Work and at Home

Peg Dawson, EdD
Richard Guare, PhD

"This isn't just a good book, it's a great book! Chock full of highly useful recommendations and guided by science and practice, this book is rich with methods to help adults manage deficits in working memory, time management, organization, self-control, and related skills."

—Russell A. Barkley, PhD

"Dawson and Guare, masters of executive skills, have provided a user-friendly, practical, and immensely valuable guide. This book is an instant classic."

—Edward Hallowell, MD

"This is a terrific self-help book—one of the best I've seen—for helping individuals develop their executive skills. Chapters offer sound solutions and strategies, with lots of everyday examples. The authors have an impressive grasp of current brain science, and have translated it into language that is meaningful and easy to understand."

—Mary V. Solanto, PhD

From the authors of the bestselling *Smart but Scattered* books focusing on kids and teens, this state-of-the-art resource is specifically geared to adults. It is an ideal recommendation for any client who struggles with executive skills difficulties. The book is packed with realistic examples and science-based tools for strengthening time management, organization, job performance, emotional control, and more—and for working around areas of weakness. **Numerous worksheets and forms (which purchasers can download and print in a convenient 8½" x 11" size) help readers customize the strategies to fit their needs.**

CONTENTS

I. Understanding the Executive in Your Brain

1. Are You Smart, Scattered, and Stressed?
2. Your Executive Skills Profile
3. Managing Executive Skills by Modifying the Environment
4. Improving Your Executive Skills

II. Understanding the Impact of Executive Skills in Your Daily Life

5. Executive Skills in the Workplace
6. Executive Skills in the Home
7. Executive Skills in Relationships

III. Strategies for Individual Executive Skills

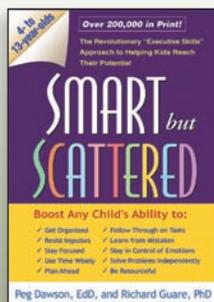
8. Controlling Impulses: Response Inhibition
9. Keeping Track of It All: Working Memory

10. Being Cool: Emotional Control
11. Avoiding Procrastination: Task Initiation
12. Staying Focused: Sustained Attention
13. Defining a Path: Planning/Prioritizing
14. Clearing Clutter: Organization
15. Sticking to the Schedule: Time Management
16. Shifting Gears: Flexibility
17. Learning from Experience: Metacognition
18. Reaching the Finish Line: Goal-Directed Persistence
19. Rolling with the Punches: Stress Tolerance

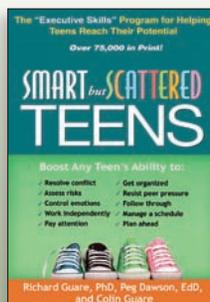
IV. Looking Ahead

20. Aging without Losing Your Edge:
A Prescription for Preserving Executive Skills

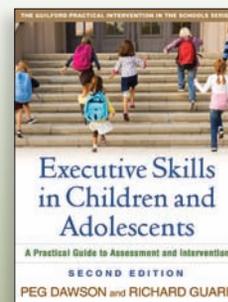
Executive Skills Bestsellers from Drs. Dawson & Guare



www.guilford.com/p/dawson4



www.guilford.com/p/guare



www.guilford.com/p/dawson3

New in Paperback

Autism Spectrum Disorders in Adolescents and Adults

Evidence-Based and Promising Interventions

Edited by **Matt Tincani, PhD**, Temple University
Andy Bondy, PhD, Pyramid Educational Consultants, Newark, DE

“The book meets its goal of providing clarity about ways to build skills for employment, independent living, and other areas that help one live a happy life. The case studies are a rich source of practical information that will be of great utility to readers. Anyone who works with adolescents and adults on the autism spectrum will find this book invaluable.”
—V. Mark Durand, PhD

“This volume provides state-of-the-art knowledge from many of the field’s leading researchers and practitioners. Coverage includes life transitions, community involvement, services, education, social relationships, recreation, aging, and more. I am impressed by the accessibility of the volume; the chapters are well organized and clearly written.”
—Laura Schreiber, PhD

Bringing together leading experts, this book presents effective practices for helping people with autism spectrum disorders (ASD) to thrive in adulthood. As individuals with ASD mature, their needs change as well. The book reviews the growing research base and describes ways to support adolescents and adults in succeeding in higher education and work, living independently, enjoying leisure activities, navigating meaningful personal relationships, and more. Specific behavioral and instructional interventions—such as functional communication training, positive behavior support, and applied behavior analysis—are discussed. Case examples illustrate practical aspects of applying the strategies in real-world school and community settings.

★ Bestseller

Attention-Deficit Hyperactivity Disorder

FOURTH EDITION

A Handbook for Diagnosis and Treatment

Edited by **Russell A. Barkley, PhD, ABPP, ABCN**,
Medical University of South Carolina

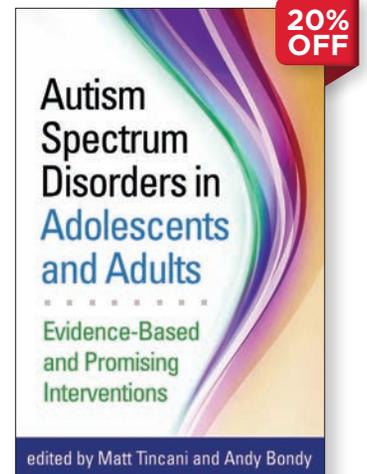
“Does not disappoint as the ultimate, authoritative reference for both researchers and clinicians... This volume is a major addition to the scientific literature about ADHD. Its depth and breadth are second to none, and every area discussed within the *Handbook* is treated exhaustively. The reviews of relevant research are focused, balanced, current, and highly relevant.”
—PscCRITIQUES

“A much-needed and anticipated addition to any practicing clinician’s library... Very well written, well edited, and well referenced.”
—*Journal of Clinical Psychiatry*

“A virtual encyclopedia of ADHD, this volume details current conceptualizations of this important, common, and controversial disorder, as well as future directions for the field. The fourth edition is remarkable for its wide-ranging scope and depth and its unique perspective that will be appreciated by both scientists and clinicians.”
—Mark A. Stein, PhD

Widely regarded as the standard clinical reference, this volume provides the best current knowledge about ADHD in children, adolescents, and adults. The field’s leading authorities address all aspects of assessment, diagnosis, and treatment, including psychological therapies and pharmacotherapy. Core components of ADHD are elucidated. The volume explores the impact of the disorder across a wide range of functional domains—behavior, learning, psychological adjustment, school and vocational outcomes, and health. All chapters conclude with user-friendly Key Clinical Points.

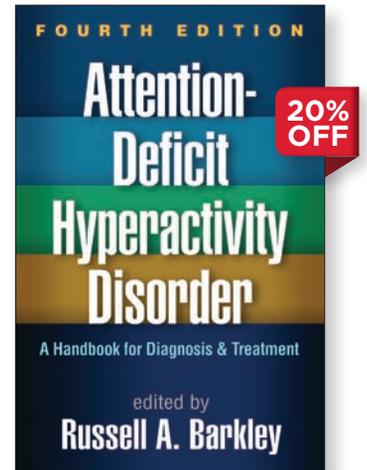
80,000
In Print



January 29, 2016
6" x 9" Paperback, 334 Pages
ISBN 978-1-4625-2615-4, \$28.00
SALE PRICE: \$22.40

Hardcover (2014):
ISBN 978-1-4625-1717-6, \$73.00

MORE INFO www.guilford.com/p/tincani

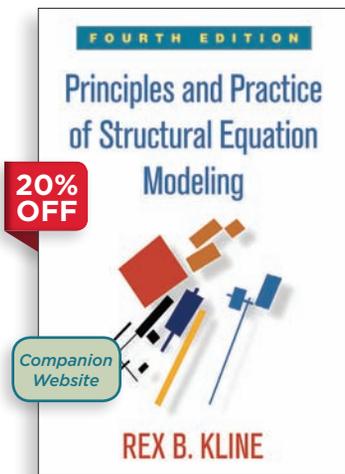


2015, 7³/₈" x 9¹/₄" Hardcover, 898 Pages
ISBN 978-1-4625-1772-5, \$85.00
SALE PRICE: \$68.00

MORE INFO www.guilford.com/p/barkley2

Also see: The ADHD Report: An essential newsletter from Dr. Barkley that provides a single reliable source for the latest developments in the fields of clinical management and education. Visit www.guilfordjournals.com/loi/adhd for a free sample issue, article abstracts, and more.





2016, 7" x 10" Paperback, 534 Pages
 ISBN 978-1-4625-2334-4, \$65.00
SALE PRICE: \$52.00

Hardcover:
 ISBN 978-1-4625-2335-1, \$120.00

Free For Adoption
 Consideration
 See www.guilford.com/p/kline 

★ *New Edition of a Bestselling Text and Reference—
 Revised & Expanded!*

50,000
 In Print

Principles and Practice of Structural Equation Modeling, FOURTH EDITION

Rex B. Kline, PhD, Concordia University, Montréal, Québec

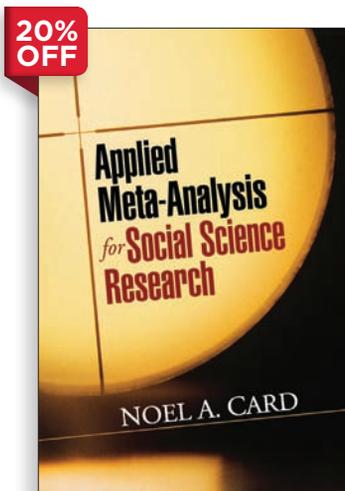
“The greatest strength of this book is Kline’s ability to present materials in an engaging, accessible manner....This book is unparalleled.”

—*PsycCRITIQUES*

“The best place to start for anyone who wants to learn the basics of structural equation modeling (SEM). The text emphasizes applied SEM content without relying on statistical formulas and the writing is clear and well organized, which is very helpful for students.”

—*Donna Harrington, PhD*

Emphasizing concepts and rationale over mathematical minutiae, this is the most widely used, complete, and accessible SEM text. The significantly revised fourth edition incorporates recent developments such as Pearl’s graphing theory and the SCM, causal inference frameworks, conditional process modeling, path models for longitudinal data, item response theory, and more. It includes new chapters on best practices in all stages of SEM, measurement invariance in confirmatory factor analysis, and significance testing issues and bootstrapping, plus expanded coverage of psychometrics. Online files for all detailed examples, previously provided in EQS, LISREL, and Mplus, are now also given in Amos, Stata, and R (lavaan).



2015, 6½" x 9¼" Paperback, 377 Pages
 ISBN 978-1-4625-2500-3, \$40.00
SALE PRICE: \$32.00

Hardcover (2012):
 ISBN 978-1-60918-499-5, \$85.00

Free For Adoption
 Consideration
 See www.guilford.com/p/card 

New in Paperback

Applied Meta-Analysis for Social Science Research

Noel A. Card, PhD, University of Arizona, Tucson

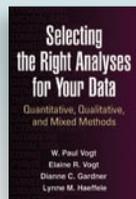
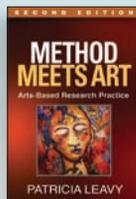
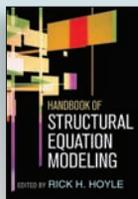
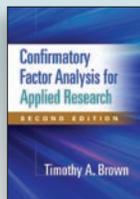
“This book is written like a good recipe that the reader can follow from beginning to end to produce a meta-analytic study ready to submit for publication.”

—*PsycCRITIQUES*

“Card covers topics not included in most textbooks, such as how to retrieve unpublished studies, the creation of a coding manual, effect sizes from multiple regression analysis, publication bias, and multivariate procedures in meta-analysis.”

—*Brad J. Bushman, PhD*

Offering pragmatic guidance for planning and conducting a meta-analytic review, this book is written in an engaging, nontechnical style that makes it ideal for graduate course use or self-study. The author shows how to identify questions that can be answered using meta-analysis, retrieve both published and unpublished studies, create a coding manual, use traditional and unique effect size indices, and write a meta-analytic review. An ongoing example illustrates meta-analytic techniques. User-friendly features include annotated equations; discussions of alternative approaches; and “Practical Matters” sections that give advice on topics not often discussed in other books, such as linking meta-analytic results with theory and the utility of meta-analysis software programs.



Discover Guilford’s Research Methods Program

From research design and program evaluation to qualitative and quantitative methods, you will find books on such essential topics as mixed methods, measurement, statistical mediation and moderation, design selection, qualitative interviewing, evaluation, and more.

www.guilford.com/d/research

New

Writing a Proposal for Your Dissertation

Guidelines and Examples

Steven R. Terrell, PhD, Nova Southeastern University, Ft. Lauderdale

“Many students flounder in the process of writing a dissertation proposal. Terrell’s book treats in depth what other works on writing a dissertation dispatch in a few paragraphs....His insights are wise and on target; students will find them to be of great value.”

—**Steven D. Zink, PhD, Vice Chancellor, Nevada System of Higher Education**

“The style is accessible and conversational; perfect for apprehensive doctoral students who need a broad overview of the proposal process. I like the way the purpose statement is broken down into variables, participants, and location; this will be helpful to students.”

—**Susan Troncoso Skidmore, PhD**

This user-friendly guide helps students get started on—and complete—a successful doctoral dissertation proposal by accessibly explaining the process and breaking it down into manageable steps. Steven R. Terrell demonstrates how to write each chapter of the proposal, including the problem statement, purpose statement, and research questions and hypotheses; literature review; and detailed plan for data collection and analysis. Of special utility, end-of-chapter exercises serve as building blocks for developing a full draft of an original proposal. Numerous case study examples are drawn from across the social, behavioral, and health science disciplines. Appendices present an exemplary proposal written three ways to encompass quantitative, qualitative, and mixed-methods designs.

New Edition—Revised & Updated!

Insider’s Guide to Graduate Programs in Clinical and Counseling Psychology

2016/2017 EDITION

John C. Norcross, PhD, ABPP, University of Scranton

Michael A. Sayette, PhD, University of Pittsburgh

150,000
In Print

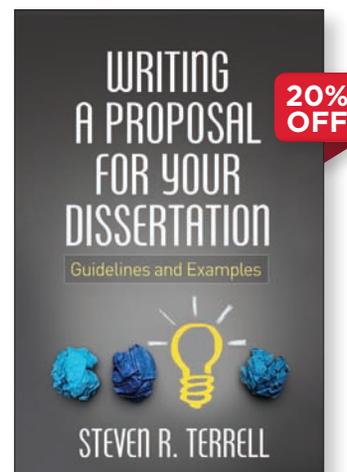
“This book was *the* pivotal resource that helped me find my way to my current career. I was one of those first-generation college students who really had no idea what I was doing until I came across this book. The *Insider’s Guide* was truly indispensable and is largely responsible for my career today.”

—**Daniel J. Taylor, PhD, Professor of Psychology, University of North Texas**

“A valuable guide....The wealth of practical information and insights gleaned from the authors’ research and personal experiences should help applicants make the strongest possible application to the schools of their choice.” —**Barry A. Hong, PhD, Washington University School of Medicine**

More than 150,000 students have counted on the *Insider’s Guide* for complete information on graduate clinical and counseling psychology programs in the United States and Canada—plus expert advice for choosing and gaining admittance to the right program. A detailed timeline and multiple worksheets help students decide where to apply, put together strong applications that showcase their credentials, and make informed final decisions. Profiles on more than 300 programs in the United States and Canada include their specializations or tracks, admission requirements, acceptance rates, financial aid, research areas, and clinical opportunities. The 2016/2017 Edition features updates throughout and new content on student loans, internship match rates, and GRE preparation.

An Ideal Companion for Any Graduate Student



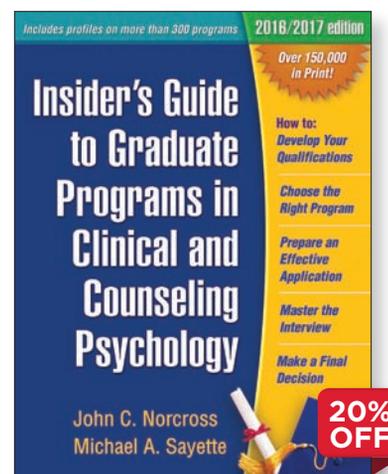
2016, 7" x 10" Paperback, 282 Pages
ISBN 978-1-4625-2302-3, \$35.00

SALE PRICE: \$28.00

Hardcover:
ISBN 978-1-4625-2303-0, \$80.00

MORE INFO www.guilford.com/p/terrell2

The Definitive Resource for Prospective Graduate Students



February 9, 2016
8½" x 11" Paperback, 442 Pages
ISBN 978-1-4625-2572-0, \$29.95

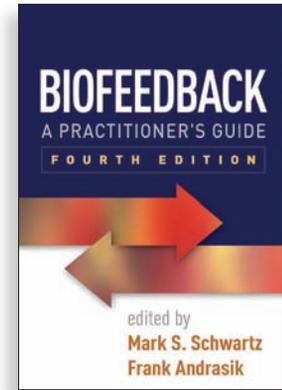
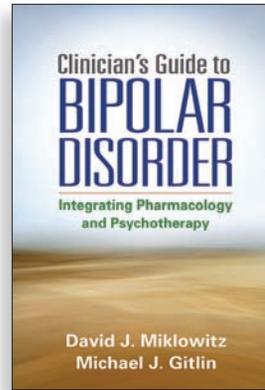
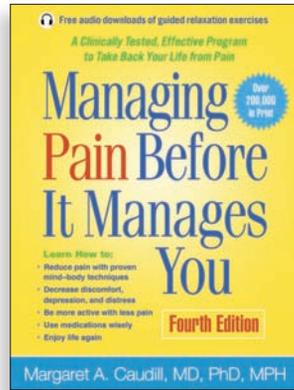
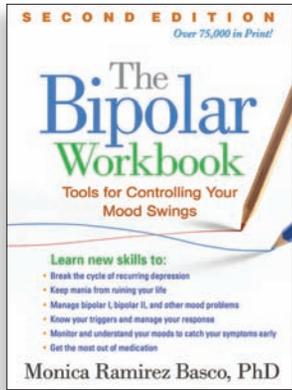
SALE PRICE: \$23.95

MORE INFO www.guilford.com/p/norcross3

Request or view and print more than 20 other subject catalogs at www.guilford.com/cat
Our complete program includes titles on adult and child clinical psychology, family and couple therapy, trauma and PTSD, research methods, neuropsychology, and much more!

VIEW MORE CATALOGS ONLINE!

Ideal Workbooks for Client Assignment



★ *New Edition of a Bestseller—A Major Revision!*

The Bipolar Workbook

SECOND EDITION

Tools for Controlling Your Mood Swings

Monica Ramirez Basco, PhD, Washington, DC

75,000
In Print

“Clinicians can use the *Workbook* as a valuable source of user-friendly educational materials and homework assignments for their clients. The steps in this book can help clients strengthen their commitment to treatment, practice essential coping skills, and achieve greater stability.”
—Cory F. Newman, PhD

This book provides educational content and problem-solving strategies that have benefited many tens of thousands of people with bipolar illness and their loved ones. Significantly revised, the second edition features a new structure, more succinct chapters, and streamlined exercises.

2015, 8" x 10½" Paperback, 237 Pages
ISBN 978-1-4625-2023-7, \$23.95



Large, Easy-to-
Reproduce
Format

SALE PRICE: \$19.15

★ *New Edition of a Bestseller—Revised & Updated!*

Managing Pain Before It

Manages You, FOURTH EDITION

Margaret A. Caudill, MD, PhD, MPH, Dartmouth Hitchcock Medical Center, Lebanon, NH; and Dartmouth Medical School

Foreword by **Herbert Benson, MD**

200,000
In Print

“For over 20 years, this book has been the premier guide for managing pain. Now in its fourth edition, it is by far the best and most up-to-date step-by-step pain management manual on the market. Dr. Caudill’s time-tested program really works.”
—Robert N. Jamison, PhD

From a leading pain specialist, this workbook can be used as a stand-alone self-help resource, an adjunct to psychotherapy, or as part of a formal pain management program. Worksheets and hands-on exercises guide the reader through a 10-step program providing crucial cognitive and behavioral skills plus reliable information about pain mechanisms and medical treatment.

2016, 8" x 10½" Paperback, 281 Pages
ISBN 978-1-4625-2277-4, \$24.95



Large, Easy-to-
Reproduce
Format + Downloadable
Audio & Worksheets

SALE PRICE: \$19.95

New in Paperback

Clinician’s Guide to Bipolar Disorder

Integrating Pharmacology and Psychotherapy

David J. Miklowitz, PhD, UCLA School of Medicine; and University of Oxford, UK

Michael J. Gitlin, MD, UCLA School of Medicine

“Books about bipolar disorder abound, but what makes this one unique is that it clearly conveys that pharmacotherapy and psychotherapy must function as an integral whole....The extensive, well-chosen case examples bring the book alive.”
—Frederick K. Goodwin, MD

This much-needed volume gives clinicians essential strategies for managing the complexities of bipolar disorder and tailoring treatment to each patient’s changing needs. Highly readable, accessible, and pragmatic, the book provides expert guidance.

■ **Winner (First Place)—American Journal of Nursing Book of the Year Award, Psychiatric and Mental Health Nursing Category**

Includes Reproducible Questionnaires and Forms

2015, 6" x 9" Paperback (© 2014), 324 Pages
ISBN 978-1-4625-2368-9, \$30.00, **SALE PRICE: \$24.00**

New Edition—Revised & Updated!

Biofeedback, FOURTH EDITION

A Practitioner’s Guide

Edited by **Mark S. Schwartz, PhD**, Mayo Medical School (Emeritus), Jacksonville, FL

Frank Andrasik, PhD, University of Memphis, TN

“A vital resource for biofeedback research, teaching, and clinical care....New chapters offer crucial coverage of cognitive-behavioral therapy as well as more on theories and methods of relaxation therapies.”
—Jay R. Skidmore, PhD

This comprehensive volume is widely regarded as the definitive practitioner resource in the field of biofeedback and applied psychophysiology. Leading experts cover basic concepts, assessment, instrumentation, clinical procedures, and professional issues. The fourth edition incorporates significant technological developments and new research areas.

March 22, 2016, 7" x 10" Hardcover, 764 Pages
ISBN 978-1-4625-2254-5, \$85.00, **SALE PRICE: \$68.00**

WANT MORE
INFORMATION?

See www.guilford.com for detailed descriptions, reviews, tables of contents, contributor lists, sample chapters and reproducibles, and more.

20% Off
+ Free Shipping

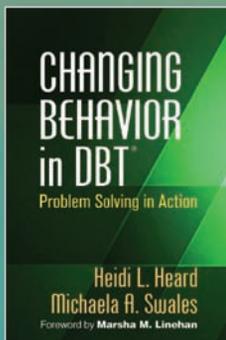
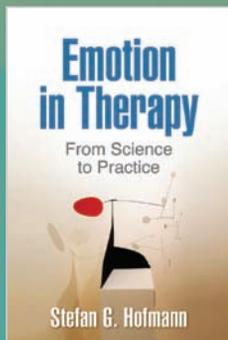
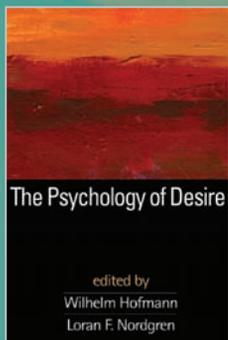
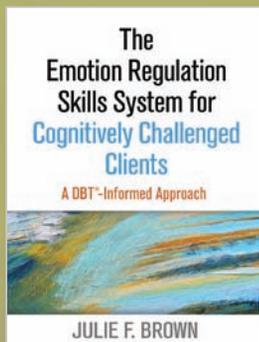
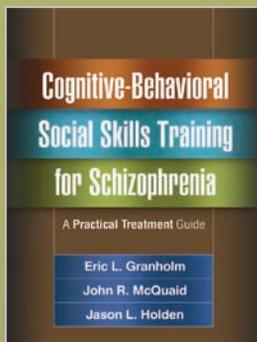
www.guilford.com

GUILFORD PRESS

370 Seventh Avenue, Suite 1200
 New York, NY 10001-1020
 (800) 365-7006

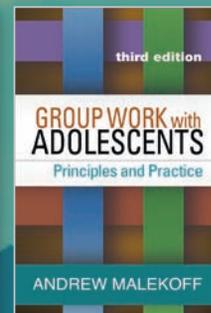
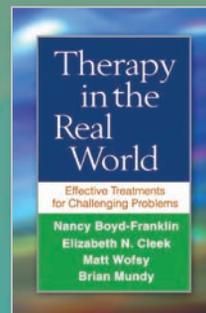
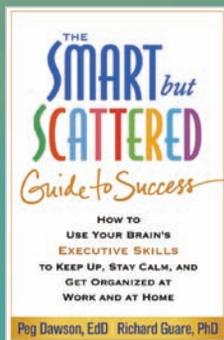
PROMOTIONAL CODE:

KF62



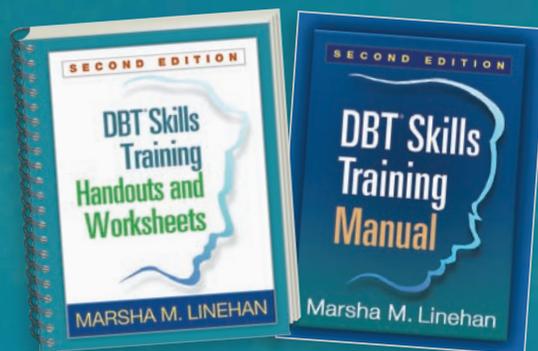
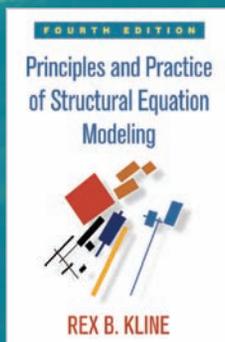
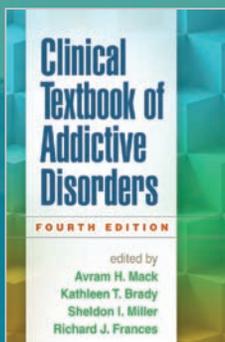
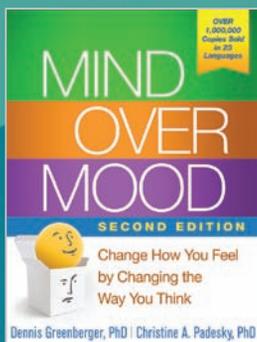
Ideal for Client Recommendation

New in Paperback



New Editions

Marsha M. Linehan's Bestselling Skills Training Program



Ideal for Client Recommendation

35 NEW TITLES & 16 NEW IN PAPERBACK